

2020 SCA Cheerleader Camp

Louisiana State University, Session III

July 24,25,26

Thank you for choosing SCA for your cheerleader camp training. We are looking forward to working with you and your squad. Please read the following information carefully and make copies of this form for each camp participant.

IMPORTANT: Please understand that preparing a cheer and/or dance for SCA camp is **OPTIONAL**. You may choose to bring one, both, or neither. SCA encourages coaches to simply do what works best for their individual squads.

Optional Cheer Evaluation/Competition:

WHEN: First night of camp

WHAT: Perform one game day cheer, not to exceed **1 minute 30 seconds**. Signs are encouraged. Building, jumps, and tumbling may be incorporated.

Optional Pom Competition:

WHEN: First night of camp

WHAT: Perform a pom routine to music, not to exceed **1 minute and 30 seconds**. No tumbling, jumping, or building is allowed in the pom routine. **Tumbling is defined as any skill with feet over head rotation.**

BALANCE PAYMENT Final payment is due 14 days or two weeks prior to camp. Payments must be made with a single school check or cashier's check. Make certain that SCA has received your online camp registration so that we have all of your updated contact information and the names of each adult attending camp with your team.

REGISTRATION/HOUSING Report to Dorm TBA, Friday, 10:30 a.m. - 12:30 p.m. **RESIDENTS:** LSU has specified that private rooms will cost an additional \$40.00. Please let SCA know if you need a private room and we will make the reservation accordingly. LSU parking passes will be sold during registration for \$12.00. One key deposit of \$65.00 will be collected at camp, however; a charge of \$65.00 will be assessed for each lost key by the university. SCA will accept checks. One designated person should collect all keys and turn them in during check-out. Bring linens for twin beds, each room has two beds and two desks with a bathroom joining every two rooms. The dorm has washers and dryers as well as vending machines. The hall is supervised by LSU resident assistants as well as SCA staff. **COMMUTERS:** Commuters report to the Student Union Ballroom for the camp opening at 1:30. Coaches will receive name badges and camp schedules in the opening orientation meeting and SCA will collect Medical Release forms at this time as well.

SCHEDULE Opening session, 1:30 p.m. Classes immediately following in the **LSU Recreational Sports Complex (UREC)**. SCA encourages squads to bring creative signs to showplace in the camp area. No glitter! See page 2 for a detailed schedule.

MEALS Six meals are served during camp, starting with dinner the first evening and ending with lunch the last day.

EMERGENCIES: Campus Police (225) 578 3231. **GUESTS:** Visitors may only visit the dorm with the advisor/coach!

WHAT TO BRING

Twin sheets, pillow, blanket, towels and washcloths, practice clothes, water bottle, poms, signs, spending money, change for vending machine. **Do not bring valuables.** A "SQUAD FIRST AID KIT": Band-Aids, ace-bandage, instant cold pack, aspirin, and throat lozenges.

MASCOTS: Bring your mascot suit and a 1-minute skit which defines your character through pantomime and antics. Bring markers, poster paper, and any potential props! It is imperative for all mascots to come prepared with all material!

ADVISOR/COACH PROGRAM: **Optional:** Bring a copy of your tryout score sheet and constitution as well as any video of pep rallies or special performances you would like to share in the advisor/coach meetings.

ATTENTION: ADVISORS, COACHES, CHOREOGRAPHERS, PARENTS

Guests: Parents and spectators are invited to watch the competition at 6:45 p.m. on Day I and the final competition beginning at 3:00 p.m. followed immediately by the individual All-American competition on the last day.

Check-out: Dorm check-out is scheduled for 1:00 (after lunch) on Day III. If your squad transportation is not available at that time luggage may be stored in the coach's room until after the camp ending. That way all keys except one will be turned in during check-out. The coach's key will then be returned individually at the end of camp and the key deposit retrieved.

SOUTHWESTERN CHEERLEADERS ASSOCIATION 2020 SUMMER CAMP DAILY SCHEDULE

DAY I

- 1:30 - 2:00 Camp Opening, Staff Introductions
- 2:00 - 3:00 Pep Dance, Mascot Meeting
- 2:30 - 3:00 Coach's Orientation and Reception
- 3:00 - 3:15 Coaches meet SCA staff / Head Cheerleader Meeting
- 3:15 - 4:00 Game Day Sidelines/Crowd Leading
- 4:00 - 4:55 Stunting 101
- 4:55 - 5:00 Announcements
- 5:00 - 6:30 Dinner
- 6:30 - 6:45 Home Cheer and Pom warm-up
- 6:45 - 7:30 Home Cheer Evaluation
- 7:30 - 8:15 Pom Competition/Mascot Routines
- 8:15 - 8:45 Spirit Sticks, Safety First Awards, Buddy Time, Announcements

DAY II

- 7:00 - 8:00 Breakfast
- 8:10 - 8:20 Warm-up
- 8:20 - 8:30 Staff Stunt Demos
- 8:30 - 9:15 Stunts/Pyramids
- 9:15 - 10:00 All American Cheer/Sideline Chants
- 10:00 - 10:30 Game Day Workshop, Coach's Clinic
- 10:30 - 11:00 Stadium Rocks
- 10:30 - 11:00 Stadium Rocks (Mascot meeting)
- 11:00 - 11:30 Evaluation Prep
- 11:30 - 1:00 Lunch
- 1:00 - 2:00 Private Coaching
- 2:00 - 2:45 Stunts/Pyramids
- 2:45 - 3:45 Advanced Dance, Spirit Routine
Coach's Clinic, Mascot Meeting
- 3:45 - 4:30 Team Practice
- 4:30 - 6:30 Dinner
- 6:30 - 7:15 First Evaluation
- 7:15 - 8:15 Jump-Off & Tumble-Off
- 8:15 - 8:45 Spirit Sticks, Safety First Awards, Buddy Time, Announcements

DAY III

- 7:00 - 8:00 Breakfast
- 8:10 - 8:20 Warm-up
- 8:20 - 8:30 Staff Stunt Demos
- 8:30 - 9:15 Stunts/Pyramids
- 9:15 - 9:45 Cheer/Chant Class
- 9:45 - 10:15 Stadium Rocks, Coach's Clinic, Mascot Meeting
- 10:15 - 10:45 Camp Review
- 10:45 - 11:45 Dance-Off
- 11:45 - 12:00 Team Practice
Announcement of All-American Nominations
- 12:00 - 2:00 Lunch
- 2:00 - 3:00 Private Coaching
- 3:00 - 3:45 Final Competition**
- 3:45 - 4:45 All-American Competition, Final Mascot Show
- 4:45 - 5:15 Dance Review
- 5:15 - 6:15 Final Awards/Camp Closing

EVALUATIONS & COMPETITIONS:

DAY I Home Cheer (Optional)
Pom Competition (Optional)

DAY II SCA Cheer W/Optional Incorporation / SCA Chant
Jr. High - SCA Cheer or Chant - All Evaluations

DAY III Final Evaluation/Competition SCA Cheer

WHAT TO BRING: SCA gets inquiries asking when cheerleading uniforms should be worn if they are available and how many matching outfits are needed. Most squads like to wear their uniform on the first night for the pom competition/cheer evaluation and on the last evening for final competition. You may also choose to wear your uniform the evening of Day II for evaluation, but this is totally optional! Plan on two or three matching outfits. If your squad will not have a uniform available for camp it is not a problem, you will just need more matching outfits.



General Release/Waiver of Liability/ Hold Harmless Agreement

(Please read carefully. This is a Release of legal Rights)

Student's Name

Date of Birth

School Represented

In consideration of being allowed to participate in any way in the 2020 SCA Summer Camp Program, I, the parents(s) and/or legal guardians(s) of the minor named above **agree to assume all risk of any kind of injury or damage my child may receive or sustain as a result of participation, including property loss, property damage, personal or injury death.**

By my signature below, I acknowledge my understanding of this release and hold harmless and agree and confirm that:

1. As the parent/guardian, it is my responsibility to instruct the minor participant if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate.
2. The above-named minor may, during the course of the program, participate in the following activities; Cheerleading activities including but not limited to tumbling, jumps, stunting, motions and fitness.
3. I grant permission for the above-named minor to receive medical treatment for any and all injuries and illnesses sustained or experienced during participation in the 2020 SCA Summer Camp Programs, included but not limited to emergency first aide, emergency transport to a medical facility, and emergency treatment by medical personnel onsite or at medical facility.
4. **Photography Consent:** By registering for a 2020 SCA Summer Camp Program, I am hereby giving my permission to SCA Summer Camp Programs allowing for my child's photograph to be taken. I am also consenting to having such photographs used for public relations purposes by SCA. I also hereby release SCA from all claims libel, slander, and invasion of the right of privacy or any other claims which I may have, or which may arise as a result of the publication, exhibition, display, or other use of any photograph. This authorization shall be effective until revoked, in writing, and received in-hand by SCA.

I KNOWINGLY AND FREELY ASSUME ALL RISKS, BOTH KNOWN AND UNKNOWN, AND HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS, FOR MYSELF, THE ABOVE NAMED MINOR AND OUR HEIRS, ASSIGNS AND NEXT OF KIN, SCA SUMMER CAMP PROGRAMS AND EACH OF THEIR TRUSTEES, OFFICERS, EMPLOYEES AND VOLUNTEERS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY ASSOCIATED WITH THE PRESENCE OR PARTICIPATION OF THE MINOR IN MY CHARGE, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, TO THE FULLEST EXTENT PERMITTED BY LAW.

Parent / Guardian Signature

Parent / Guardian Printed name

Insurance Company

Insurance Policy Number

Date

Parent / Guardian Phone Number

Medicines allergic to _____