



2021 SCA Cheerleader Camp Louisiana State University- Session I May 24,25, & 26

Thank you for choosing SCA for your cheerleader training. Please read the following information carefully and provide each team member with a copy.

CAMP INFORMATION: As your camp date approaches, we will communicate with you personally regarding the latest safety guidelines that we will work with you to implement. The SCA staff is prepared to make your camp experience safe and extraordinary! You have the option to bring a home cheer and dance for opening night competition. Some squads are rebuilding and may choose not to bring home material to camp. Simply do what is best for your team. Formal uniforms are not required; matching camp outfits are fine.

- **Optional Cheer Evaluation/Competition:**
WHEN: First night of camp
WHAT: Perform one game day cheer, not to exceed 1 minute and 30 seconds. Signs are encouraged. Stunting, jumping, 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 stunting, jumping, or tumbling 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 prior to the first day of camp. Confirm that SCA has received your online camp registration so that we have your updated contact information and the names of each adult attending camp.

REGISTRATION: Report to the Residence Hall TBA on Monday, May 24 between 10:30 a.m. and 12:30 p.m. Parking passes are \$12.00 and will be sold during registration.

RESIDENT CAMPERS: Medical Release forms will be collected at registration, as well as a **\$65 key deposit**. The university will assess a \$65 fee for each lost key. SCA will accept checks. 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. 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 hall has washers, dryers, and vending machines. Visitors may not enter the dorm without your coach's express permission. The hall is supervised by LSU Resident Assistants and SCA staff.

COMMUTER CAMPERS: Report to the Student Union Ballroom for opening at 1:30 p.m. Coaches will receive name badges and camp schedules in the opening orientation meeting and Medical Release forms will be collected at that time.

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.

WHAT TO BRING: Original copies of waiver forms for each participant. A squad first aid kit: Band-Aids, ace-bandage, instant cold pack, aspirin, throat lozenges, and hand sanitizer! Twin sheets, pillow, towels, practice clothes, water bottle, poms, signs, spending money, and change for vending machine. SCA encourages squads to bring creative signs to showplace in the camp area. Glitter is not allowed. **Do not bring valuables.**

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

COACH PROGRAM: Coaches are encouraged to bring a copy of their tryout score sheets and constitutions, as well as any videos of pep rallies or special performances they would like to share in the coach meetings.

Attention: Coaches & Parents

GUESTS: SCA is committed to ensuring a safe camp experience for everyone. We are following official guidance from the government and health authorities regarding spectator attendance, and we will make an announcement regarding this as your camp approaches.

CHECK-OUT: Dorm check-out is scheduled for 1:00 p.m. after lunch on Day III. If squad transportation is not available at that time, luggage may be stored in your coach's room until the end of camp so that all keys except one will be turned in during check-out. The coach's key will then be turned in separately at the end of camp and the key deposit returned.



SCA 2021 SUMMER CAMP DAILY SCHEDULE

All camp sessions are held in the Student Union Ballroom

DAY I

- 1:30 - 2:00 Camp Opening, Staff Introductions
- 2:00 - 3:00 Pep Dance, Mascot Meeting
- 2:30 - 3:00 Coaches 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 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 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 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 High School - SCA Cheer w/ Optional Incorporation / SCA Chant
Jr. High School - SCA Cheer or Chant - All Evaluations

DAY III Final Evaluation Same as Day II



General Release/Waiver of Liability/Indemnity and 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 2021 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 injury, or 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 2021 SCA Summer Camp Programs, including, but not limited to, emergency first aid, emergency transport to a medical facility, and emergency treatment by medical personnel onsite or at medical facility.
4. **Photography Consent:** By registering for a 2021 SCA Summer Camp Program, I hereby give my permission to SCA Summer Camp Programs, allowing my child's photograph to be taken during cheerleading camp activities. I am also consenting to SCA's use of said photographs for SCA public relations and/or marketing and promotional purposes and understand that I will not be compensated therefor. I also hereby release SCA from any and all claims of 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

Allergies/Medications: _____