



2023 SCA Cheerleader Camp *McNeese State University- Session III, July 9,10,11*

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: The SCA staff is prepared to make your camp experience extraordinary! You have the option to bring a pom routine for opening night competition. Some squads may choose not to bring a home Pom routine to camp. Simply do what is best for your team. It will be advantageous to your team to stunt groups formed.

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.**

Camp Evaluations:

WHEN: Second night of camp & Final day evaluation/competition.

WHAT: Each team will be evaluated on material learned at camp.

Your SCA staff buddy will help you develop your routine and incorporate stunts, signs, and tumbling. The final day evaluation/competition may consist of the same material used previously or different camp material.

HOW TO PREPARE FOR CAMP: It's a good idea to have stunt groups formed and some basic formations to utilize private coaching time most efficiently. Bring poms, megaphones, and signs. SCA cheer/chant words include school colors, mascots, and school letters.

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, 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.**

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 Life Club Room at 565 Beauregard Drive on Sunday, July 9, between 10:30 a.m. and 12:30 p.m. Parking is free of charge.

RESIDENT DORM CAMPERS: Medical Release forms will be collected at registration, as well only one **\$100 key deposit.** The university will assess a \$100 fee for each lost key. Authentic metal keys will be utilized rather than plastic key cards. SCA will accept checks. One designated person should collect all keys and turn them in during check-out. Bring linens for twin beds. The suites are 6-person and 2-person suites. Each suite has complete bathroom facilities. The hall has washers, dryers, and vending machines. MSU has limited resident housing space and must get maximum use out of the available space. For example, if a team has 13 participants, it will get two 6-person suites and an extra mattress for the thirteenth person. Visitors may not enter the dorm without your coach's express permission. The hall is supervised by MSU Resident Assistants and SCA staff.

HOTEL OPTION: CHECK-IN at the Courtyard by Marriott will be after the first camp session. Campers checking in to hotel will leave first. Luggage can be stored at the Marriott beginning at 9:00 AM.

COMMUTER CAMPERS: Report to the Legacy Center 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 (337) 475 5711.

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.

COMPETITION AFTER SUMMER CAMP : SCA is awarding a full paid bid to the SCA Battle at the Bayou, December 2, 2023, at all SCA camps! One team will be awarded a full paid bid to The America's Cup by Nfinity, February 9-11, 2024, Universal Studios, Orlando, Florida at Battle at the Bayou!

Attention: Coaches & 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 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. **HOTEL OPTION:** Hotel check-out will be on Day III after breakfast.

2023 SUMMER CAMP SCHEDULE DAILY SCHEDULE *Legacy Center*

DAY 1

1:30 – 2:00 Camp Opening, Staff Introductions
Staff Routine, Safety Seminar
2:00 – 2:45 Band Dances, Mascot Meeting
2:30 – 3:00 Coaches Orientation, Reception
2:45 – 3:00 Coaches Meet SCA Staff
3:00 - 3:15 SCA Staff Meet Buddy Team
3:15 – 4:00 All-American Cheer/Sidelines
4:00 – 4:55 Stunt Class
4:55 – 5:00 Announcements
5:00 – 6:30 DINNER
6:30 – 6:40 Pom Warm-up
6:40 – 7:30 Pom Competition / Mascot Routines
7:30 – 7:45 Spirit Sticks / Safety First Awards
Staff Show-Off
7:45 – 8:30 Introduce SCA MOTTO. Buddy Time
Announcements

DAY 1: Pom Competition (Optional)
** Due to accommodating the individual nature of each camp, this schedule is subject to change.

DAY 2

7:00 – 8:00 BREAKFAST
8:10 – 8:20 Warm-Up
8:20 – 8:30 Staff Stunt Demos
8:30 – 9:30 Stunts
9:30 – 10:00 Game Day Workshop
10:00 – 10:20 Game Day Sidelines
10:20 – 11:00 Game Day Cheer/Coaches Clinic
Mascot Class
Routine Prep
11:00 – 11:30
11:30 – 1:00 LUNCH
1:00 – 2:20 Private Coaching A 1:00 - 1:40
Private Coaching B 1:40 - 2:20
2:20 – 3:20 Pyramid Class
3:20 – 4:20 Advanced Dance / Spirit Routine
Mascot Class
4:20 – 4:30 Team Practice
4:30 – 6:30 DINNER
6:30 – 7:15 First Routine Evaluation
7:15 – 8:15 Jump-Off / Tumble-Off
8:15 – 8:45 Spirit Sticks/Safety First Awards
Buddy Time/Announcements/
Meet Buddy Instructor to Plan Private
Coaching Day 3

DAY 2: Double Evaluation
SCA Game Day Sideline/Cheer

DAY 3

7:00 – 8:00 BREAKFAST
8:10 – 8:20 Warm-Up
8:20 – 8:30 Staff Stunt Demos
8:30 – 9:30 Stunts / Pyramids
9:30 – 10:00 Game Day Cheers/Sidelines
10:00 – 10:45 Band Dances/Coaches Clinic
10:45 – 11:00 Camp Review
11:00 – 11:20 Dance-Off
11:20 – 11:50 Announce All-American Nominations
Team Practice
12:00 – 2:00 LUNCH & Room Check-Out
2:00 – 2:40 Private Coaching A 2:00-2:40
2:40 – 3:20 Private Coaching B 2:40-3:20
3:20 – 4:20 Final Competition
4:20 – 5:00 All American Tryout/Final Mascot Show
Final Mascot Show
5:00 - 5:45 Final Awards Ceremony
Camp Closing

DAY 3: Final Competition SCA Game Day
Band Dance/Sideline/Cheer



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 2023 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 all injuries and illnesses sustained or experienced during participation in the 2023 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 2023 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: _____

Fill out this form ONLY if your team is staying at the **Marriott**. Dorm teams will fill out the room roster at camp check-in at the Residence Hall. The Marriott is about a 5-minute drive from the MSU campus.

2023 McNeese Session II Hotel Camp Roster

2995 L'AUBERGE BOULEVARD, LAKE CHARLES, LOUISIANA 70601

SCHOOL NAME _____ COACH CELL CONTACT _____

E-MAIL _____ MSU CAMP SESSION _____

Please specify S for student participant, C for coach/advisor participant, and N for non-participant (e.g., bus driver or chaperone). List up to 4 people per room. If N is designated by an individual's name, the non-participant fee will apply. Make copies of this form as needed. Please use this format when submitting your roster; it will help SCA tremendously in generating your invoice.

_____ to suite _____ @ \$ _____ per person

_____ @ \$ _____ per person

1. _____

2. _____

3. _____

4. _____

_____ to suite _____ @ \$ _____ per person

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