



Royal Kingdom Custom Camp Sample 3-Day Schedule

Start	End	Day 1	Day 2	Day 3
8:30am	9:00am	Camp Registration		
9:00am	9:15am	Intros & Warm-Ups	Morning Warm-Ups	Morning Warm-Ups
9:15am	9:30am	Motion Workshop	Tumbling Workshop	Final Review/Cleaning
9:30am	10:15am	*Cheer Class	*Cheer Class	*Cheer Class
10:15am	11:00am	*Stunt Class	*Stunt Class	*Stunt Class
11:00am	12:15pm	*Jump Class	Advanced Jump Class	*Tumbling
12:15pm	1:00pm	Lunch Break	Lunch Break	Lunch Break
1:00pm	1:45pm	Builds & Technique Seminar	Safety & Spotting Training Seminar	Respect & Appreciation Seminar
1:45pm	2:30pm	*Dance Class	*Dance Class	*Dance Class
2:30pm	3:15pm	*Stunt Class II	*Stunt Class II	*Tumbling
3:15pm	4:00pm	Tumbling	Advanced Leadership	Advanced Leadership
4:00pm	4:30pm	Team Bonding Exercise	Team Bonding Exercise	Review
4:30pm	5:00pm	Self-Awareness, Confidence & Attitude Seminar	Tumbling	Performance Royale End of Camp Spectacular
		End of Day 1	End of Day 2	Day 3 may end later based on length of Performance Royale

*CUSTOM OPTION CLASSES (Select from one of the classes below & put in the appropriate time slot)

Game-Action Cheers (Sidelines) Music/Band Cheers	Stunt Technique/Transitions - Sideline Filler/Time Out Routine
Game-Action Cheers - Tumbling Technique/Transitions	Stunt Technique/Transitions - Sideline Filler/Time Out Routine
Sideline Filler/Time Out Routine – Hip Hop Dance	Show Routine
Stunt Technique/Transitions Crowd Getters (with signs)	Fight Song
General Chant Session	Call Back & Action Chant Session
Revamp Your Chants <i>(Instructor revitalizes your old chants with new motions & chants)</i>	30-Second Dance Routine (2 – 45 Min. Classes Required)
Crowd Response Cheer Sideline Dances	45-Second Dance Routine (3 – 45 Min. Classes Required)
Cheer with a Partner Stunt	Cheer with a Jump/Tumbling or Both
Stretch Session – Stretching with concentration on each muscle group (great for Day 2, 3 and/or 4)	Cheer with a Pyramid
Basic or Intermediate Basket Tosses	Basic or Intermediate Basket Tosses Pyramid
Basic or Intermediate Stunt Technique/Transitions	Basic or Intermediate Jump Technique/Sequences

*ADVANCED CLASSES

Crowd Response Cheer Tumbling Technique (with signs)	Stunt Technique/Transitions
Jump Technique/Sequences	Basket Tosses
Partner Stunts	Pyramid Perfection
Tumbling	Plyometric (Conditioning to improve jump height)
Hip Hop Dance – Sideline Filler/Time Out Routine	60-Second Dance Routine (5 – 45 Min. Classes Required)

OPTIONAL

Video Recording – Additional Fee applies. We will have the material learned recorded and provided to you on USB. This is extremely helpful for post camp practices, formations and Stunting.
Can be done on one day or daily.