CORE ATHLETICS RESIDENTIAL SUMMER CAMP SCHEDULE

Our camp schedule is formatted to create an environment that promotes a positive coach and athlete experience. Our curriculum is focused on stunting techniques and spirited performance. At a Core Athletics summer camp we'll teach you the skills you need to succeed. The camp environment is low-pressure, high energy, and focused on the needs of your team.

***OPTIONAL CLASSES**

Customize your Core Athletics Summer Camp Experience with our optional classes:

- Jumps
- Stunting
- Hip Hop Dance
- More options may be available during camp

DAY 1

REGISTRATION & CHECK IN

COACHES MEETING

OPENING/ STAFF DEMONSTRATIONS

SAFETY SEMINAR & STUNTING ROLES BREAKDOWN

STUNT CLASS

GAME DAY CLASS

DINNER

SIDELINE PRIVATE COACHING

CHEERFORMANCE DANCE

AWARDS

BIG BROTHER & BIG SISTER

DAY 2

BREAKFAST

STAFF DEMONSTRATION – HIP HOP DANCE

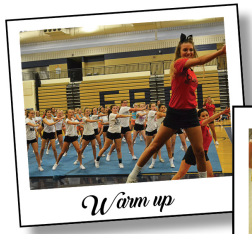
DANCE CLASS [HIP HOP DANCE]

COACHES COFFEE

LUNCH

STUNT CLASS

CHEERFORMANCE – PRIVATE COACHING



PYRAMID CLASS

DINNER

**OPTIONAL CLASSES*

JUMP-OFF & MATERIAL REVIEW

AWARDS

SPIRIT CELEBRATION

DAY 3

BREAKFAST

PERFORMANCE BREAKDOWN

STUNT CLASS

LUNCH

PYRAMIDS

FINAL PRIVATE COACHING

CAMP SHOW-OFFS

AWARDS