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# A DAY AT MEGA SPORTS CAMP

MEGA Sports Camp offers a mix of sports and other activities. Here's a sample schedule for one day.

| <i>TIME</i> | <i>EVENT</i>            | <i>LENGTH</i> | <i>WHERE</i>     | <i>LEADER</i>  |
|-------------|-------------------------|---------------|------------------|----------------|
|             | Opening Rally           | 20 minutes    | Rally Zone       | Rally Coach    |
|             | Sports Session 1        | 30 minutes    | Sports Areas     | Head Coach     |
|             | Coach Huddle            | 10 minutes    | Sports Areas     | Huddle Coaches |
|             | Sports Session 2        | 30 minutes    | Sports Areas     | Head Coach     |
|             | Halftime Snacks & Rally | 10 minutes    | Concession Stand | Snack Coach    |
|             |                         | 15 minutes    | Rally Zone       | Rally Coach    |
|             | Sports Session 3*       | 30 minutes    | Sports Areas     | Head Coach     |
|             | Closing Rally*          | 20 minutes    | Rally Zone       | Rally Coach    |

\*On the last day, the Director may invite parents to observe Sports Session 3 and the Closing Rally.

## **REVIEW: ROUTINE # 2 (SECOND HALF)**

Quickly review the first part of Routine #2, but concentrate the majority of the time on the second half of the routine.

## **SESSION 2:**

You will need: CD player, CD (optional: DVD, TV, DVD player)

## **GAME: JUMPS WAVES**

Prepare to review the jumps by having the cheerleaders form a large circle. Assign each girl a number. When you call out a number and a jump, the girl with that number should say her number as she performs the jump, followed immediately by the girl with the next highest number doing the same thing, creating a “wave” of jumps around the circle as they number off. Do this until you have given the cheerleaders the opportunity to practice all of the jumps a couple of times. Variation: After you call the first number and jump, have the cheerleader who was “picked” choose the next number and jump.

## **REVIEW: ROUTINE # 2 WITH MUSIC**

First review Routine #2 using only counts, and then have the cheerleaders practice it several times to the music. Stop and review any specific parts that the cheerleaders are finding difficult.

## ! REVIEW: ROUTINE #2 WITH MUSIC

Have the cheerleaders form stunt groups of four or five girls each. Before having them practice the double-based thigh stands, shoulder sits, and half preps on their own, demonstrate each stunt and review the responsibilities of the bases, flyers, and spotters.

If your group is very young or is having difficulty mastering the shoulder sit and half prep, teach them the following variation of a double-based thigh stand:

### LOW LIBERTY

First have the stunt team demonstrate a solid double-based thigh stand. From the thigh stand, have the flyer shift her weight to one leg and draw her other leg into a “liberty” position. (A liberty position requires the cheerleader to stand on one leg, with the other leg bent, knee facing forward with her toe pointed down and the instep of her foot aligned with the side of the knee of the straight leg.) To safely accomplish this, the base who is no longer holding the flyer’s foot remains standing opposite the base who is now holding the flyer by herself while the spotter continues to stabilize the flyer’s waist. To dismount, instruct the flyer to grasp the bases’ hands and hop off to the front of the stunt while the spotter continues to support the flyer at her waist.



## **REVIEW: FINAL PERFORMANCE**

1. “J” rally entrance
2. Mascot cheer (optional)
3. Routine #1 (optional)
4. Sign Cheer (optional) or Theme Cheer
5. Routine #2

Review the entire performance a few times until the cheerleaders are comfortable with what will be happening.

## **WRAP-UP**

Wrap up the final session by sitting in a circle giving neck rubs while talking about the entire week, focusing on the things they’ve learned, the challenges they’ve overcome, and the friends they’ve made.

## **FINAL PERFORMANCE!**