

1 Day Private Skills Camp



OPTION 1: STUNT CAMP		
8:30–9 am	Intro – Goal Setting & Review	Review goal sheet for camp with coach / team captain (modify schedule if needed)
9–9:30 am	Warm-up and Stretch	Dynamic warm-up including specialized base and flyer conditioning / stretching
9:30–10:30 am	Royal Stunt Warm-up	Evaluation of team skills through a customized set of stunt progressions and body positions
10:30 am – noon	Entries and Load-ins	Work on skill-based entries that will increase the difficulty in stunts performed
NOON	LUNCH	
1–3 pm	Transitions	Visual and creative ways to connect stunting skills
3–5 pm	Dismounts	Learn a variety of dismounts
5–5:30 pm	Parent Show Off	Perform what you've learned
OPTION 2: PYRAMID & BASKET CAMP		
8:30–9 am	Intro – Goal Setting & Review	Review goal sheet for camp with coach / team captain (modify schedule if needed)
9:00–9:30 am	Warm - Up & Stretch	Dynamic warm-up including specialized base and flyer conditioning / stretching
9:30–10:30 am	Royal Pyramid Warm-up	Evaluation of team skills through a customized set of pyramid transitions and structures
10:30 am – noon	Structures and Transitions	Work on the skill-based entries that will increase the difficulty in pyramid skills performed
NOON	LUNCH	
1–2:30 pm	Baskets	Basic technique and creative baskets that will set your team apart
2:30–5 pm	Dismounts & Pyramid Finalization	Creative dismounts and final counts given for pyramids
5–5:30 pm	Parent Show Off	Perform what you've learned
OPTION 3: CUSTOMIZE YOUR CAMP		
8:30–9 am	Intro – Goal Setting & Review	Review goal sheet for camp with coach / team captain (modify schedule if needed)
9–9:30 am	Warm - Up and Stretch	Dynamic warm-up including specialized base and flyer conditioning / stretching
9:30–10 am	Royal Warm-up	Evaluation of team skills through a customized set of progressions and body positions
10 am – noon	You Pick!	Customize your camp experience
NOON	LUNCH	
1–2:30 pm	You Pick!	Customize your camp experience
2:30–5 pm	You Pick!	Customize your camp experience
5–5:30 pm	Parent show off	Perform what you've learned