

2 Day Private Skills Camp

Day 1



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	Review	Video of skills and goal setting for day 2
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	Review	Video of skills and goal setting for day 2
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	Review	Video of skills and goal setting for day 2

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Day 2



OPTION 1: STUNT CAMP		
8:30–9 am	Coach and Captain Meeting	Review goal sheet from day 1; set agenda for the day
9–9:30 am	Warm-up and Stretch	Dynamic warm-up including specialized base and flyer conditioning / stretching
9:30–10:30 am	Body Position Routine	Customized routine focused on execution, flexibility, smooth and aggressive movement
10:30 am – noon	Entries and Load-ins	More advanced/creative entries that will increase the difficulty in stunts performed
NOON	LUNCH	
1–3 pm	Transitions	More innovative ways to connect stunting skills
3–5 pm	Dismounts	Increasing the difficulty with advanced dismounts
5–5:30 pm	Parent Show Off	Perform what you've learned at camp
OPTION 2: PYRAMID & BASKET CAMP		
8:30–9 am	Coach and Captain Meeting	Review goal sheet from day 1; set agenda for the day
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 Routine	Customized routine focusing on smooth and aggressive movement within pyramid structures
10:30 am – noon	Structures and Transitions	More advanced 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 at camp
OPTION 3: CUSTOMIZE YOUR CAMP		
8:30–9 am	Coach and Captain Meeting	Review goal sheet from day 1; set agenda for the day
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	Review the customized set of progressions and body positions from day 1
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 at camp