

3 Day Private Skills Camp



| | | | |
|--------------|-----------------|-------------------------------|---|
| DAY 1 | 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 |
| DAY 2 | 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 | Royal Pyramid Warm-up | 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 | |
| | 1–2:30 pm | Transitions | More innovative ways to connect stunting skills |
| | 2:30–3:30 pm | Dismounts | Increasing the difficulty with advanced dismounts |
| | 3:30–4:30 pm | Break and Review | Review counts, timing and placement of pyramid |
| | 5–5:30 pm | Stunt Review from Day 1 | Video of skills and goal setting for day 3 |
| DAY 3 | 8:30–9 am | Coach and Captain Meeting | Review goal sheet from day 2; 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 | Royal Routine Blocked | Customized routine that connects stunts, pyramid and jump sections |
| | 10:30 am – noon | Stunt Section Review | Finalize transitions for the Royalty Routine |
| | NOON | LUNCH | |
| | 1–3 pm | Pyramid & Basket Review | Finalize transitions for the Royalty Routine |
| | 3–4:30 pm | Royalty Routine Review | Final touches and cleanup |
| | 4:30–5 pm | Final Prep | Rest and review before parent show off |
| | 5–5:30 pm | Parent Show Off | Perform what you've learned at camp |