

CHEER! MICHIGAN

3 Day Retreat Weekend Schedule*

DAY 1 PINK OUT DAY

3:30 - 5:00	Registration & Check In Staff Buddy Meeting & Orientation				<p>CIM TEAM CAMP: STUNT CLASSES & REQUIREMENTS</p> <ul style="list-style-type: none"> Choose your classes based on the requirements listed. Our classes are designed for increased progression throughout camp. You select which stunts you want to learn during each time block. You can break your team up by level and experience. <p>★ One Star Classes: <u>Requirements:</u> No previous stunting knowledge or experience needed</p> <ol style="list-style-type: none"> Extended Stunts (not hand to foot) Hitches & Extensions Beginning Transitions Pyramid ★ <p>★★ Two Star Classes: <u>Requirements:</u> Must have solid extension, experience with OLE's (One Leg Extensions), cradles and stunt reloads</p> <ol style="list-style-type: none"> Extensions & Extension Flairs Basic OLE's Advanced Transitions Pyramid ★★ <p>★★★ Three Star Classes: <u>Requirements:</u> Must have a solid extension and OLE's, and experience with retake transitions, ¼ and 180 load in's</p> <ol style="list-style-type: none"> Extension Flairs OLE & More Elite Transitions Pyramid ★★★
5:00 - 6:00	Dinner				
6:15 - 7:00	All Camp Welcome & Planning Retreat Schedule Coach & Staff Buddy				
7:00 - 7:45	Half-Time Cheer		Game Day Material or Precision Dance		
7:50 - 8:30	Safety First & Stunt Session				
8:30 - 9:00	Cardio Funk	Flexibility	Jump Drills	PPPIC Motion Drill	
End of night	Staff Buddy Meeting Buddy Team Share A Snack				
	<ul style="list-style-type: none"> All night one events take place on the Main Field. Staff will direct you as needed to the location for each class. Clinic Calls With Our Athletic Trainer, Nurse take place in the evening on the field, in the cafeteria during meals or after evening programs. 				

**This is a sample schedule for how a session may be set up. Retreat camp schedules are customized per session. Therefore, final schedules will be provided to coaches prior to their arrival at camp.*

DAY 2 SCHOOL **COLOR** DAY

9:00 am	Stunt & Material Demos, Camp Warm-Up				
9:30 – 10:00	Goal Setting 101 With Buddy Team				
Fields	MAIN	COURTYARD (Left)	Light Post	COURTYARD (Right)	
10:00– 10:45	CIM Stunting Class * ** ***	Victory Material	CIM Initiatives	Half-Time Cheer or Precision Dance	
11:00 – 11:45	CIM Stunting Class * ** ***				
12:00 – 1:30	Lunch				
Fields	MAIN	COURTYARD (Left)	Light Post	REC IM Building	
1:30 – 2:15	Stunting Session With Victory & CIM * ** ***	Precision Dance, or Game Day Material	Initiatives	Team Time/Pool Time	
2:30 – 3:15	Stunting Session With Victory				
3:30 – 4:15	Stunting Session With Victory & CIM * ** ***	Precision Dance, or Game Day Material	Initiatives	Team Time/Pool Time	
4:30 – 5:00	Staff Buddy - Private Coaching Time Your chance to get in any stunt, piece or material or instruction you want!				
5:00 – 6:30	Dinner				
6:30 – 7:00	Team Buddy Fun				
Fields	MAIN	COURTYARD (Left)	COURTYARD (Right)		
7:00 – 7:30	Pyramids	Stunt Review or Stunt Drills	Material Review		
7:30 – 8:30	Staff Buddy, Coach & Team Workshop Time				
8:30	All Retreat Team Goal Setting				

DAY 3 FIRE-UP DAY

9:00 – 9:20	All Camp Warm-Up & Yoga			
Fields	MAIN	COURTYARD (Left)	COURTYARD (Right)	
9:30 – 10:15	Team & Buddy Workshop Time			
10:30 – 11:00	Stunt Drills or Jump Drills	Cardio Funk	Flexibility	Your Choice: Get Anything You Missed!
11:05 – 11:35	Pyramids or Stunt Review	360's Work	Full Up Work	
11:35 – 12:00	Coach & Team Workshop Time			
12:00 – 12:55	Lunch			
1:00 – 1:40	Last Chance Custom Stunt Class			
1:45 – 2:10	Coach & Team Workshop Time			
2:15 –	Parent Show & All-Camp Awards			
3:00 –	Check Out			

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