

CHEER! MICHIGAN

4 Day Retreat Weekend Schedule*

DAY 1 Team Choice 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 PINK OUT 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		Half-Time Cheer or Precision Dance
11:00 – 11:45	CIM Stunt Combinations		Victory Material		Half-Time or Game Day Material Review
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	Workshop			Initiatives	Team Time/Pool Time
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				

DAY 3 SCHOOL **COLOR** DAY

9:00 am	Stunt & Material Demos, Camp Warm-Up			
9:30 – 10:00	All Camp Warm-Up & Yoga			
Fields	MAIN	COURTYARD (Left)	Light Post	COURTYARD (Right)
10:00 – 10:30	Team & Buddy Workshop Time			
10:30 – 11:15	Stunt Workshop	Pyramids & Stunt Troubleshooting	CIM Initiatives	Half-Time or Game Day Material Review
11:20 – 12:00	Stunt Drills or Jump Drills	Cardio Funk	Flexibility	Your Choice: Get Anything You Missed!
12:00 – 1:30	Lunch			
1:30 – 2:15	Stunting Session With Victory or CIM	Workshop	Initiatives	Team Time
	* ** ***			
2:30 – 3:15	Stunting Session With Victory	Workshop	Initiatives	Team Time
3:30 – 4:15	CIM Stunt Combinations	Workshop	Initiatives	Team 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	Cardio Funk	Flexibility	Jump Drills	
7:30 – 8:30	Staff Buddy, Coach & Team Workshop Time			
8:30	All Retreat Team Goal Setting			

**DAY 4 SCHOOL FIRE-UP DAY
FINAL DAY**

	Bowen Field House	
9:05 - 9:15	Warm-Up	
9:15 - 9:45	Performance Review Preparation	
9:45 -	Performance Reviews	Private Workshop for Non-Performance Teams
11:00 (estimate)	Final Camp Awards & Wrap-Up	

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