



HOKEY EAGLES CHEER CAMP



★ SCHEDULE ★



DAYS:
**TUESDAY &
THURSDAY**



TIME:
6:00 PM – 7:00 PM

TUESDAY

SKILLS & TECHNIQUE

6:00–6:10	Warm-up & stretching
6:10–6:25	Basic motions & arm placement
6:25–6:40	Jumps (toe touch, herkies, etc.)
6:40–6:55	Cheer/chants practice
6:55–7:00	Cool down & announcements

THURSDAY

ROUTINE & PERFORMANCE

6:00–6:10	Warm-up & stretching
6:10–6:25	Review motions & jumps
6:25–6:45	Learn & practice routine
6:45–6:55	Performance run-through
6:55–7:00	Cool down & team huddle



*TEAMWORK. SPIRIT.
CONFIDENCE. PRIDE.*



BUILDING SKILLS. BUILDING CHAMPIONS.

