



PENN STATE "GAME DAY" DAY CAMP TENTATIVE SCHEDULE

Equipment:

- Cheerleading appropriate shoes
- Appropriate Workout Clothing
 - T-shirts, Gym style shorts and/or spandex should be appropriate length
- Personal water bottle
- No personal equipment will be shared during camp
- *Leave rings, jewelry, and valuables at home*

Saturday, June 22, 2024

8:30 a.m. – 9:00 a.m.	Check in - Multi-Sport Facility (MSF)
9:00 a.m.	Camp Intro and Group Assignments - MSF
9:10 a.m.	Warm-up, Stretch, and Safety Talk
9:15 a.m.	Fight Song and Band Dance class
10:30 a.m.	Stunts: How to Maximize Scores
11:00 a.m.	Situational Sideline and Cheer Class
12:00 p.m.	Lunch (included in fee)
1:00 p.m.	Sign and Prop Class
1:30 p.m.	Pyramid Incorporation
2:15 p.m.	Stunting Incorporation
3:15 p.m.	Game Day Class-Putting it all together!
4:30 p.m.	Showcase Routines
4:45 p.m.	Q & A / Stunt Photos with Staff / Depart, Multi-Sport Facility

Note: Bring snack(s) to energize yourself and a water bottle to refill during camp. Water will be provided.