



PENN STATE COLLEGE PREP DAY CAMP I 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*

Friday, July 12, 2024

8:30 a.m. – 9:00 a.m.	Check in - Multi-Sport Facility (MSF)
9:00 a.m.	Camp Intro - MSF
9:05 a.m.	Warm-up, Stretch, and Safety Talk
9:15 a.m.	Stunt Group A / Fight Song Group B
10:15 a.m.	Stunt Group B / Fight Song Group A
11:15 a.m.	Pyramid Instruction
12:00 p.m.	Lunch (included in fee)
1:00 p.m.	Tumbling Showcase
1:30 p.m.	Basket Toss Basics
2:00 p.m.	Stunt Group A / Cheer/Fight Song Group B
3:15 p.m.	Stunt Group B / Cheer/Fight Song Group A
4:30 p.m.	Q & A / Stunt photos with staff
4:45 p.m.	Depart, Multi-Sport Facility

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