

HOLIDAY DAY

DAY TWO

- 7:30 All Star Tryouts
- 9:00-9:45 Team Bonding with Staff Sister
- 9:45-10:15 Team of the Day/Peppy/Staff perf/Warm up
- 10:15-10:45 Day 2 Kickline Instruction
- 10:45-11:40 ADV Program go to lunch
INT Program begin instruction
- 11:40-12:30 INT Program lunch return at 12:35
- 11:45 ADV Program return to gym/begin instruction
- 11:00-11:45 Coaches Lunch Meeting
- 12:45-1:00 Warm Up
- 1:00-2:35 Day Two Pom Instruction
- 2:35-3:05 Relaxation
- 3:05-4:25 Individual Team Help
- 4:25-5:00 Prepare for Evaluations
- 5:15 Nightly Evaluations/Awards/Meet w/Staff sister

CAREER DAY

DAY THREE

- 8:30 Arrive to High School
- 8:45-9:10 Team of the Day/Peppy/Staff perf/Warm up
- 9:15-9:45 Day 3 Kickline Instruction and full review
- 9:45-10:15 Lip Sync Competition
- 10:20-10:50 Show your staff sister your original routine
to check timing, illegal moves, etc
- 10:50-11:45 INT Program go to lunch
ADV Program - Begin Day 3 Instruction
- 11:40-12:30 ADV Program lunch return at 12:35
- 11:45 INT Program return to gym/begin instruction
- 12:45-1:00 Warm Up
- 1:00-2:35 Day Three Pom Instruction
- 2:35-3:05 Relaxation / Staff Applicant Meeting
- 3:05-4:25 Individual Team Help
- 4:25-5:00 Prepare for Evaluations
- 5:15 Nightly Evaluations/Awards/Meet w/Staff sister
Announcement of All Star Team

FINAL DAY EVENTS

DAY FOUR

- 8:30 Doors Open
- 9:30 Original Routine Evaluations, Senior Kick Competition, Awards and Camp Wrap Up

Mid American Pompon 2021 Summer Camp

School Spirit Day

DAY ONE

- 8:00-9:00 Team check in
- 9:00-9:15 Welcome and introductions
- 9:15-9:30 Meet Team/Staff Sister
- 9:35 Staff performances and warm up
- 10:05-10:20 Pom Basics
- 10:25-10:55 Coaches Welcome Meeting
- 10:25-10:45 Day 1 Kickline
- 10:45-11:40 INT Program - Lunch
ADV Program - Begin Day 1 Instruction
- 11:40-12:30 ADV Program - Lunch return to gym at 12:35
- 11:45 INT Program - return to gym/begin Day 1 instruction
- 12:45-1:05 ****All Star Applications Due****
Team of the Day and Warm Up
- 1:05-2:35 Day 1 Routine Instruction
- 2:35-3:05 Relaxation/All Star meeting
- 3:05-4:25 Individual Team Help
- 4:25-5:00 Prepare for Evaluations
- 5:15 Nightly Evaluations/Awards/Meet w/Staff sister