

# JAMZ FAST TRACK CAMP

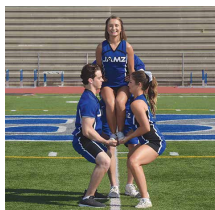
# DAY ONE

**BLUE NOVICE**



NOVICE  
THIGH LEVEL &  
BELOW

**GREEN BEGINNING**



BEGINNING  
STARTING WITH  
PREP DRILLS

**PURPLE INTERMEDIATE**



INTERMEDIATE  
REQUIREMENT:  
EXTENSION PREP

**ORANGE ADVANCED**



ADVANCED  
REQUIREMENT:  
STRAIGHT UP  
EXTENSION

**PINK DANCE ONLY**



DANCE ONLY

START TIME		DAY 1				
8:00am	CAMP REGISTRATION - 2 Coaches Required per Team					
8:30am	TEAM GREETING & STUNT EVALS (CONSULT) - Entire Team and 2 Coaches Required					
9:00am	RISE & SHINE - Welcome to Camp! Opening Ceremonies & Warm Ups					
9:10am	COACH HUDDLE - All Coaches Meeting					
9:40am	<b>BLUE TECH MODE</b> Motion/Jump Sequence & Performance Cheers & Chants	<b>STUNT TECHNIQUE Workshop #1</b> Technical, Transitional & Creative Stunts	<b>PURPLE HYPE</b> Camp Dance	<b>STUNT TECHNIQUE Workshop #1</b> Technical, Transitional & Creative Stunts	<b>PINK TECH MODE</b> Motion/Jump Sequence & Performance Cheer & Chants	
10:57am	<b>STUNT TECHNIQUE Workshop #1</b> Technical, Transitional & Creative Stunts	<b>GREEN HYPE</b> Camp Dance	<b>STUNT TECHNIQUE Workshop #1</b> Technical, Transitional & Creative Stunts	<b>ORANGE TECH MODE</b> Motion/Jump Sequence & Performance Cheers & Chants	<b>PINK HYPE</b> Camp Dance	
12:15pm	FEEL THE HEAT! - Fun Spirit Contest prior to Lunch					
12:30pm	LET'S EAT! - Lunch					
1:15pm	<b>BLUE HYPE</b> Camp Dance	<b>STUNT   BUILD IT! Workshop #2</b> Stunt Sequences & Transitions	<b>PURPLE TECH MODE</b> Motion/Jump Sequence & Performance Cheers & Chants	<b>STUNT   BUILD IT! Workshop #2</b> Stunt Sequences & Transitions	<b>SPECIALTY DANCE WORKSHOP</b>	
2:25pm	<b>STUNT   BUILD IT! Workshop #2</b> Stunt Sequences & Transitions	<b>GREEN TECH MODE</b> Motion/Jump Sequence & Performance Cheers & Chants	<b>STUNT   BUILD IT! Workshop #2</b> Stunt Sequences & Transitions	<b>ORANGE HYPE</b> Camp Dance	<b>PERFECT</b> Review	
3:30pm	PRIVATE COACHING WITH JAMZ STAFF					
4:10-4:30pm	SPIRIT SHOWDOWN					



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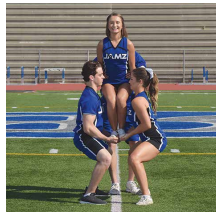
## DAY TWO

### BLUE NOVICE



NOVICE  
THIGH LEVEL &  
BELOW

### GREEN BEGINNING



BEGINNING  
STARTING WITH  
PREP DRILLS

### PURPLE INTERMEDIATE



INTERMEDIATE  
REQUIREMENT:  
EXTENSION PREP

### ORANGE ADVANCED



ADVANCED  
REQUIREMENT:  
STRAIGHT UP  
EXTENSION

### PINK DANCE ONLY



DANCE ONLY

TIME	DAY 2				
9:00am	RISE & SHINE - Warm Ups & Coach Huddle (All Coaches Meeting)				
9:20am	ANNOUNCEMENTS - Under Flags				
9:35am	<b>SPECIALTY DANCE WORKSHOP</b>	<b>PYRAMIDS Stunt Workshop #3</b> Putting it All Together	<b>PURPLE BEAST MODE</b> Motion/Jump Sequence & Performance Cheers & Chants	<b>PYRAMIDS &amp; TOSSES Stunt Workshop #3</b> Putting it All Together	<b>TECHNICAL CLASS</b> Across the Floor
10:53am	<b>PYRAMIDS Stunt Workshop #3</b> Putting it All Together	<b>GREEN BEAST MODE</b> Motion/Jump Sequence & Performance Cheers & Chants	<b>PYRAMIDS &amp; TOSSES Stunt Workshop #3</b> Putting it All Together	<b>SPECIALTY DANCE WORKSHOP</b>	<b>SPECIALTY DANCE WORKSHOP</b>
12:00pm	PRIVATE COACHING WITH JAMZ STAFF				
12:30pm	LET'S EAT! - Lunch				
1:15pm	<b>BLUE BEAST MODE</b> Motion/Jump Sequence & Performance Cheers & Chants	<b>STUNT SHOWCASE Workshop #4</b> Routine Rehearsal & Evaluation	<b>SPECIALTY DANCE WORKSHOP</b>	<b>STUNT SHOWCASE Workshop #4</b> Routine Rehearsal & Evaluation	<b>GAMEDAY MATERIAL</b> Sideline Routine
2:05pm	<b>STUNT SHOWCASE Workshop #4</b> Routine Rehearsal & Evaluation	<b>SPECIALTY DANCE WORKSHOP</b>	<b>STUNT SHOWCASE Workshop #4</b> Routine Rehearsal & Evaluation	<b>ORANGE BEAST MODE</b> Motion/Jump Sequence & Performance Cheers & Chants	<b>PERFECT</b> Review
2:50pm	PRIVATE COACHING WITH JAMZ STAFF				
3:30-4:30pm	THE SHOWCASE				



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