



## **BELLE SUMMER DANCE CAMP**

### **AUGUST 9<sup>TH</sup> ~ Monday**

- 8:00 - Officers arrive
- 8:15 - Team arrives {Juice and donuts}
- 8:30 - Announcements, Welcoming, & Introductions
- 8:45 - Break up into Companies \*\*\*
- 9:15 - Team Togetherness (socials)  
    Big Sis / Lil Sis, singing alma mater...
- 9:45 - Stretch (Ms. Gonzales leads)
- 10:15 - Technique, Across the floor
- 11:00 - Stand Dances
- 11:45 - Big Sis, Lil' Sis, Decorating Bags
- 12:00 - Lunch – **{MAY NOT LEAVE CAMPUS}**
- 1:00 - Name Game, Team Building Game
- 1:45 - Review “what to do at football games”
- 2:00 - Quick Warm Up
- 2:15 - Break apart J.V. and Varsity (kick) to do separate Technique  
    & team building strategies.
- 3:30 - Closing Announcements: don't forget to tell girls to bring  
    Tennis Shoes, Id, locks, water, forms....
- 4:00 - Dismissed

### **AUGUST 10<sup>TH</sup> ~ TUESDAY**

- 8:00 - Officers arrive
- 8:15 - Team arrives (possibility of pics for football program)
- 8:30 - Announcements
- 8:40 - Break up into Companies \*\*\*
- 8:45 - Stretch
- 9:00 - “SHOWTIME” private camp **Pom Routine** “Livin La Vida Loca”
- 12:00 - Lunch Freshmen go to Cardinal Camp all others remain
- 1:00 - “SHOWTIME” **Kick Routine** “Down”
- 3:45 - Closing Remarks
- 4:00 - Dismissed

## AUGUST 11<sup>TH</sup> ~ Wednesday

- 8:00 - Officers arrive
- 8:15 -Team arrives
- 8:30 - Announcements
- 8:40 - Break up into Companies \*\*\*
- 8:45 – Stretch
- 9:00 – “SHOWTIME” private camp **Hip Hop Routine** “Mix”
- 12:00 – Lunch Freshmen go to Cardinal Camp all others remain
- 1:00 - “SHOWTIME” **Pom Routine** “Girls, Girls, Girls”
- 3:45 – Closing Remarks
- 4:00 - Dismissed

## AUGUST 12<sup>TH</sup> ~ Thursday

- 8:00 - Officers arrive
- 8:15 -Team arrives
- 8:30 - Announcements
- 8:40 - Break up into Companies \*\*\*
- 8:45 – Stretch
- 9:00 – “M.A.” private camp **Military Routine** “Spirit of America”
- 10:00 – “Cardinal Camp Pep Rally”
- 10:30 - Back to Dancing
- 12:00 – Lunch Freshmen go to Cardinal Camp all others remain
- **TRYOUTS FOR INCOMING 9<sup>TH</sup> GRADERS**
- 1:00 - “M.A.” **Kick Routine** “Here It Goes Again”
- 2:00 – “Cardinal Camp Pep Rally”
- 3:45 – Closing Remarks
- 4:00 - Dismissed

## AUGUST 13<sup>TH</sup> ~ Friday

- 8:00 - Officers arrive
- 8:15 -Team arrives
- 8:30 - Announcements
- 8:40 - Break up into Companies \*\*\*
- 8:45 – Stretch
- 9:00 – “M.A.” private camp **Hip Hop Routine** “Freak”
- 12:00 – Lunch ALL BELLES REMAIN IN CAMP
- 1:00 - “M.A.” Varsity **Chair Routine** “Hit the Road Jack”
  - “Lt. Col/ Sarah” J.V. **Pom Routine** “Get Out of My Head”
- 3:45 – Closing Remarks
- 4:00 - Dismissed