

Mid American Pompon Summer Camp

FINAL DAY EVENTS

DAY FOUR

- 7:30-8:30 Breakfast
8:00-9:00 Clean rooms and check-out
Prepare for final evaluations

** All rooms must be completely empty before final evaluations begin. Campers will be sent back to the dorms to clean up any rooms that are unsatisfactory **

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

Camp Rules:

- 1 - No smoking or use of drugs or alcohol at any time during camp by campers, coaches or Staff.
- 2 - Campers may not leave campus at any time.
- 3 - Campers must attend all scheduled activities.
- 4 - NO visitation of boyfriends. ONLY campers and coaches are allowed in the dorms with the exception of check-in and check-out times.
- 5 - Campers may not ride in cars at any time
- 6 - Any camper leaving campus must check out with their coach and camp director Julie Hobbs-Julian prior to leaving.
- 7 - Campers are not permitted to have stickers of any kind while on the University's premises



Sample

Schedule

Mid American Pompon Summer Camp

School Spirit Day

DAY ONE

- 7:30-8:30 Breakfast for teams that arrived the night before
8:00-9:00 Check-in for teams that did not arrive the night before
9:30 Welcome and introductions at the Student Center
9:45-10:00 Meet Team/Staff Sister - team unity exercise
10:05 Warm Up
10:25 Pom Basics
10:45-11:20 Coaches Welcome Meeting **All coaches must attend today*
10:50 Day 1 Kickline
11:15 INT Program - Go to Lunch
ADV Program - Begin Day 1 Instruction for Day 1 Pom Routine
11:40 ADV Program - Go to Lunch(head back to gym about 12:35)
12:45-1:15 ****All Star Applications Due****
Team of the Day, Staff Performance, Warm Up
1:15-3:15 Day 1 Routine Instruction
3:15 Relaxation
3:15 All Star Informational Meeting at the Main Platform
3:40-5:00 Group B: Individual Team Help
4:05-5:25 Group A: Individual Team Help
5:00 Group B: Dinner
5:25 Group A: Dinner
6:00-7:00 Prepare for Nightly Evaluations
7:15 Nightly Evaluations begin; Fashion Show, Awards
All Star Practice, Meet/greet with other teams after routines.
TBA Meet with Staff Sister
11:30 Quiet; All campers in their own suite

****All Star Tryout times will be announced at practice following awards****

Sample

Schedule

Zoo Day

Mid American Pompon Summer Camp DAY TWO

TBA	All Star Tryouts
8:00-8:45	Breakfast
9:00-10:05	Team Bonding with Staff Sister
10:10-10:45	Team of the Day, Peppy Pom Award, Warm Up
10:45-11:15	Day Two Kickline Instruction
11:15	ADV Program go to lunch
11:15-11:40	INT Program - Begin Day Two pom instruction
11:40	INT Program - Go to Lunch (Head back to the gym around 12:35)
11:30-12:30	Coaches Lunch Meeting
12:45-1:00	Staff Performances, Warm Up
1:00-3:15	Day Two Pom Instruction
3:15	Relaxation
3:40-5:00	Group A: Individual Team Help
4:05-5:25	Group B: Individual Team Help
5:00	Group A: Dinner
5:25	Group B: Dinner
6:00-7:00	Prepare for Nightly Evaluations
7:15	Nightly Evaluations begin: followed by Toe Touch Competition and Awards
TBA	Meet with Staff Sister
11:30	Quiet; All campers in their own suite

Decades Day

Mid American Pompon Summer Camp DAY THREE

8:00-8:45	Breakfast
9:00-9:30	Team of the Day, Peppy Pom Award, Warm Up
9:30-10:00	Day 3 Kickline Instruction and full review
10:05-10:35	Lip Sync Competition
10:35-11:15	Show your staff sister your original routine to check timing, illegal moves, etc
11:15	ADV Program - Go to Lunch
11:15-11:40	INT Program - Begin Day 3 Instruction
11:40	INT Program - Go to Lunch (Head back to the gym around 12:35)
11:30-12:30	New Coaches Lunch Meeting
12:45-1:00	Staff Performances, Warm Up
1:00-3:15	Day Three Pom Instruction
3:15	Relaxation / Staff Applicant Meeting
3:40-5:00	Group B: Individual Team Help
4:05-5:25	Group A: Individual Team Help
5:00	Group B: Dinner
5:25	Group A: Dinner
6:00-7:00	Prepare for Nightly Evaluations
7:15	Nightly Evaluations begin; followed by Just for Fun routines, Awards, All Star Announcements
<u>FOLLOWING AWARDS: All Star Meeting and Practice (20 Minutes)</u>	
TBA	Meet with Staff Sister
12:00	Quiet; All campers in their own suite

