

REGISTRATION RALLY JULY 13TH

Cy Fair Sports Association – Cheerleading

Doors Open: 7:55 AM

Registration Begins: 8:00 AM

- Athletes will be given a color arm band (jelly kind) for easy separation into Age groups
 - Instructional Age Cheerleaders (Blue)
 - Flag Age Cheerleaders (Red)
 - Freshman Age Cheerleaders (Pink)
 - Sophomore Age Cheerleaders (Purple)
 - Varsity Age Cheerleaders (Gold)
- We will have concession stands, games and a bounce house in the grassy area around the gym for athletes/families to enjoy before, during (for family) and after camp.

Athletes Called to Gym: 8:50 AM

Camp Begins: 9:00 AM

- Welcome Athletes and Teach Camp “Call Out”
- Introduce Staff
- Show Camp Cheer, Chant and Dance

Stretching: 9:15 AM

Divide Into Age Groups with Staff: 9:30 AM

Teach/Review Jumps: 9:45 AM

- Toe Touch
- Rt/Lt Hurdler
- Pike
- Double Toe (older athletes)

Teach Chant: 10:15 AM

Water/Bathroom Break: 10:45 AM

Back To Big Group to Introduce “Celebrities”: 10:55 AM

Break Out To Teach Cheer: 11:05 AM

Teach Dance: 11:45 AM

Return To Big Group For Material Review: 12:20 PM

Invite Parents in to Watch: 12:30 PM

Final Group Meeting, Breakout and Release To have Pictures with College Cheer Staff and Celebrities:
12:40 PM

** After release, we will leave concession stands and bounce house up until 1:30 PM for anyone wanting to enjoy food/jumping. The concession stands will be hosted by teams at the gym (for a fundraiser for each team) so CFSA staff will not have to set-up or break down any of this and we will do all of the clean-up.