

Summer Camp Learn, Try, Do Checklist - SAMPLE

How to use this checklist:

1. Before your go to camp, fill in some of the skills that you want to learn and try at camp.
2. Once you are at camp, fill in more spaces to write down things that you did learn at camp (see *)
3. Use the “notes” space to write down your thoughts or tips about the skills your learned. You can also use this space to write any ideas you have for usage. For example, “Great 2 - eight count dance that we can use for quick timeouts on the field”.
4. Use a double XX for things that you want to designate extra practice time for.

Learn	Try	Do	Notes
<u>Stretching/ Warm ups</u>			
<i>Cheer aerobics</i>	X		<i>Quick warm up using new cheer aerobics routine.</i>
<i>*Partner wall straddle stretch</i>		X	<i>Great stretch for improving flexibility with toe touch jumps.</i>
<u>Cheers/ Chants</u>			
<i>New half-time cheer: "Panthers Let's Win"</i>	X		<i>Great new cheer to use for our halftime routine.</i>
<i>* Go, fight, win! Crowd participation cheer</i>		X	<i>Great crowd call back cheer to use at game.</i>
<u>Jumps</u>			
<i>Around the world</i>	X		<i>Use this jump to do at games and pep rallies.</i>
<i>* Pike</i>		XX	<i>New jump! Want to add to competition routine! Needs practice!</i>
<u>Tumbling</u>			
<i>Standing back hand-springs</i>	X		<i>I want to learn how to spot standing back handsprings.</i>
<i>* Round off toe touches</i>		X	<i>Use this for pep rally!</i>
<u>Dance</u>			
<i>New Competition Dance - "Move It"</i>	X		<i>New comp dance for routine.</i>
<i>*Quick time out dance</i>		X	<i>2 eight count dance- for quick time outs</i>
<u>Stunts</u>			
<i>Partner stunts: Switch Liberty</i>	X		<i>Want to try new 2 person partner stunts</i>
<i>* Team transitional pyramid</i>		XX	<i>Greats transitional pyramid for our comp routine! Needs practice!</i>

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Skill to Learn	Try	Do	Notes
Tumbling			
Dances			
Stunts			
Spirit / Team Building Ideas			