

# SUMMER CAMP 2024

- + General information that will help you get ready for Camp including what to expect
- + Forms to complete to send to the CCA Office including sample invoice
- + Directions to camp locations including reporting information and times
- + Hotel names/locations for commuter accommodations

# CCA SUMMER CAMP LOCATIONS AND DATES 2024

School, Empower & Special **All Star "Camp within a Camp"** available at all locations. Residential Campers **include housing** (first come/first serve) and **all meals**. Commuter Camps **do not** include housing (hotel list provided in this packet) but **do include** lunch & dinner. **One coach comes FREE** with each team of 6 or more. Additional Coach/Chaperones/parent prices shown. See Registration pages for **registration/contingency fee per team** by dates you register

June 19-22 Wed - Sat	<b>ROCKY TOP CAMP</b> Camp Jordan Arena 323 Camp Jordan Pkwy Chattanooga, TN 37412	Commuter Coach (1 free w/team of 6 or more) Commuter Camper \$285 per person Commuter Extra Coach \$245 per person
June 25-28 Tues - Fri	<b>BY THE BEACH CAMP</b> Wilmington Christian Academy 1401 N College Rd Wilmington, NC 28405	Commuter Coach (1 free w/team of 6 or more) Commuter Camper \$249 per person Commuter Extra Coach \$199 per person
July 15-18 Thurs - Sat	<b>EMPIRE/SUNSHINE CAMP</b> Trinity Christian School Dubling, GA	Commuter Coach (1 free w/team of 6 or more) Commuter Camper \$245 per person Commuter Extra Coach \$195 per person
July 22-25 Tues - Fri	<b>STARS AT NIGHT</b> East Texas Baptist University 1 Tiger Drive Marshall, TX 75670	Residential Coach (1 free w/team of 6 or more) Residential Camper \$365 per person Residential Extra Coach \$275 per person
Sept 8-9 Fri 4-9 Sat 9-4	<b>ALOHA CAMP</b> Lanakila Baptist High School 91-1219 Renton Road Ewa Beach, HI 96796	Commuter Camper \$79 per person Commuter Coach FREE

## PRIVATE CAMPS

### POSSIBLE DATES

Week # 1 July 1-3 (Limited)  
Week # 3 July 8-10 (Limited)  
Week # 5 July 29-31  
Week # 7 Aug 5-7

Week # 2 July 5-6  
Week # 4 July 16-18  
Week # 6 Aug 1-3 (Limited)  
Week # 8 Aug 8-10

CCA will come to your campus.

Host houses and feeds staffers. Minimum or payment for minimum required. Some locations add travel fees.

3 day private camps are \$129 per person (Mon-Wed or Thurs-Sat)

2 day private camps are \$115 per person (Mon-Tues, Wed-Thur, or Fri-Sat)

**AVAILABLE DATES- some weeks have limited availability\* Need other special dates? Call 336.749.0892**

**Call Quickly! They fill up fast!**

**336-749-0892**

**information@cheercca.com**



## **WHAT ARE THE NEXT STEPS?**

### **Step #1:**

*As soon as you have tryouts (or by May 15, 2024) and know our final numbers, send camp forms and deposits to the CCA office. Deposits are \$150/person for residential or commuter camps; \$50/person for private camps.*

### **Step #2:**

*The CCA Office will send you a final invoice showing your camp balance. The deposit will be deducted from your final balance. You can pay your entire balance online up to 10 days before the first day of your camp. After 10 days, a late fee of \$10/person will be assessed.*

### **Step #3:**

*Complete online forms and submit to CCA. Forms needed for camp are: (<https://cheercca.com/competition-forms/>)*

- *Team Roster*
- *Teams Results*
- *Music, Moves, and Dress Policy*
- *Medical/liability Release (must be signed by parent for all athletes under 18.) Should also be filled out for each coach. Electronic signature indicates acceptance and agreement.*

**Checks should be mailed to:**  
CCA Summer Camp  
PO Box 49  
Bethania, NC 27010-0049

**Overnight address:**  
CCA Summer Camp  
2931 Pioneer Trail, Suite B  
Winston Salem, NC 27106

### **Step #4:**

***Load up and head to camp! We can't wait to see you there!***

# HOTEL INFORMATION FOR ALL CAMPS

We do not have Room Blocks at these hotels. We have checked the area, the distance and the legitimacy of each of these hotels when publishing this information. We are not responsible for changes to the hotels by the time you book. This is for your convenience and to give you a head start. All these hotels have inside rooms, free breakfasts, elevators and are within a 15-20 minute distance from the camp venue. Each team handles all the booking and rooming of their individual athletes. We have not included hotels for our residence camps because of the available dorm housing. If you want to be a commuter at these camps, give us a call at 336.749-0892 and we will assist. If you need early arrival in the dorms, there is an additional early night charge when available. Please let us know.

<b>June 19-22 (Wed-Sat)    <span style="color: red;">ROCKY TOP CAMP</span></b>		LaQuinta -6650 Ringgold Rd/Chatt	423-760-3120
<b>Camp Hours:</b>	<b>Camp Jordan Arena</b>	Fairfield Inn - 1453 N Mack Smith Rd	423-499-4080
<b>Day 1: 12:30 - 9</b>	<b>323 Camp Jordan Pkwy</b>	Hampton-623 Camp Jordan Pky/Chatt	423-269-6600
<b>Days 2 &amp; 3: 9-9</b>	<b>Chattanooga, TN 37412</b>	Holiday Inn Exp-1441 N Smith Rd/Chatt	423-308-0111
<b>Day 4: 9-1</b>	<b>Meals Provided: Day 1: Dinner    Days 2 &amp; 3: Lunch &amp; Dinner</b>		
<b>June 25-28 (Tues-Fri)    <span style="color: red;">BY THE BEACH CAMP</span></b>		Best Western Plus -5345 Market St	910-799-4292
<b>Camp Hours:</b>	<b>Wilmington Christian Academy</b>	Country Inn/Suites -4706 New Centre Dr	910-398 -6470
<b>Day 1: 12:30 - 9</b>	<b>1401 N College Rd</b>	Quality Inn -5102 Dunlea Court	910-452-5660
<b>Days 2 &amp; 3: 9-9</b>	<b>Wilmington, NC 28405</b>	Holiday Inn Express -5032 Market St	910-392-1101
<b>Day 4: 9-1</b>	Many Air BNB Available Also		
	<b>Meals Provided: Day 1: Dinner    Days 2 &amp; 3: Lunch &amp; Dinner</b>		
<b>July 15-18 (Mon-Thur) Camp Hours:</b>		<b><span style="color: red;">EMPIRE/SUNSHINE CAMP</span></b>	
<b>Day 1: 12:30 - 9</b>	<b>Trinity Christian School</b>		
<b>Day 2 &amp; 3: 9-9</b>	<b>Dubling, GA</b>		
<b>Day 4: 9-1</b>	<b>Meals Provided: Days 1: Dinner    Days 2 &amp; 3 Lunch &amp; Dinner</b>		
<b>July 22-25 (Mon-Thurs) Camp Hours:</b>		<b><span style="color: red;">STARS AT NIGHT</span></b>	
<b>Day 1: 12:30 - 9</b>	<b>East Texas Baptist University*</b>	Call CCA office 336.749.0892	
<b>Days 2 &amp; 3: 9-9</b>	<b>1 Tiger Drive</b>	If you plan to be a commuter camper and need local hotel information.	
<b>Day 4: 9-1</b>	<b>Marshall, TX 75670</b>	Early dorm arrival available \$30 pp per night	
	<b>Meals Provided: Day 1 Dinner - Days 2 &amp; 3 Breakfast/Lunch/Dinner</b>		
<b>Sept 6-7</b>		<b><span style="color: red;">ALOHA CAMP</span></b>	
<b>Camp Hours:</b>	<b>Lanakila Baptist High School</b>	Call CCA office 336.749.0892	
<b>Fri 4-9</b>	<b>91-1219 Renton Road</b>	If you need local hotel information.	
<b>Sat 9-4</b>	<b>Ewa Beach, HI 96796</b>	No meals provided	

**\*It is critical to note that all bedding (sheets/blankets/pillows) and all bath linens (towel, washrag, hand towel) must be brought with you to the residential camps. You are in dorm rooms, not hotels. All toiletries (soap/shampoo/conditioner, etc) should also be brought with you and is not provided.**

# 2024 CCA SUMMER CAMP SAMPLE DAILY SCHEDULE

**NOTE:** *FREE Coach-1 with team of 6 or more; additional pay X-tra coach fee listed. Any parents/chaperones wishing to attend or needed may pay the x-tra coach fee , attend all sessions & eat meals at camp. Any parents needed for night security/chaperones may not attend camp during the day for any sessions & may not participate in any camp meals, however they may come after dinner to be a part of the evening services at no charge. They may also attend the camp showcase on the last day at no charge. This schedule is subject to change due to unforeseen circumstances.*

## FOUR DAY RESIDENTIAL/COMMUTER CAMP SCHEDULE TN/NC/TX

<b>DAY ONE</b>	On site Check-in (Coach)	9:30 am	(No lunch served on Day One
	Coach Briefing	11:15 am	(coach should arrange for campers/chaps/
	Gym Opens	12:00 noon	coaches lunch completed prior to 12:15 pm)
	Camp Begins	12:30 pm	
	Includes Cheer Work Sessions/Coach Orientation Workshop		
	Dinner at venue, included w/camp	5:30 pm	
	Evening Session includes eval, spirit awards, devos	6:45 pm	

### DAYS TWO & THREE

Devos/ Cheer Work Session/Coach Workshop	9:00 am	Breakfast is on your own with
Lunch at venue, included w/camp/Capt Workshop	12:30 pm	commuter camps
Cheer Work Session/Coach Workshop	2:00 pm	(usually in hotel).
Dinner at venue, included w/camp	5:30 pm	
Evening Session includes eval, spirit awards, devos	6:45 pm	Breakfast is included at

### DAY FOUR

Morning Devos	9:00 am
PI Time/Final Eval	9:45 am
Cheer Showcase	11:45 am

## THREE DAY COMMUTER CAMP SCHEDULE IN

<b>DAY ONE</b>	On site Check-in (Coach)	9:00 am
	Gym Opens	9:30 am
	Camp Begins	10:00 am
	Includes Cheer Work Sessions/Coach Orientation Workshop	
	Lunch at venue, included w/camp	12:45 pm
	Cheer Work session/Coach Workshop	2:00 pm
	Dinner at venue, included w/camp	5:30 pm
	Evening Session includes eval, spirit awards, devos	6 :45 pm

### DAY TWO

AM Devos, Cheer Work Session/Coach Workshop	8:30 am
Lunch at venue, included w/camp/Capt Workshop	12:30 pm
Cheer Work Session/Coach Workshop	2:00 pm
Dinner at venue, included w/camp	5:30 pm
Evening Session includes eval, spirit awards, devos	6:45 pm

### DAY THREE

AM Devos/Final PI/Eval	8:30 am
Team Practice/Showcase	
Awards	12:15 pm
Store/Dismiss	1:00 pm

## PRIVATE CAMP HOURS/SCHEDULING INFO (Hours can be specialized schedule for specific needs.)

**THREE DAY** - Suggested Hours are M-W Hours: 9-6, 9-6, 9-12 Th-Sat Hours 1-9, 9-6, 9-1

**TWO DAY** - Suggested Hours are M-Tu; Wed-Th; Fri-Sat Hours: 9-8, 9-3



## WHAT TO BRING

*You will want to create a personalized packing list for your team to make sure they don't forget anything. Encourage campers to put their name on EVERYTHING. These are commonly forgotten items that are usually on everyone's list – to help get you started.*

- ☐ Bible, Notebook, and pens
- ☐ Bed & bath linens including pillows, sheets, blankets, towels (for residential camps)
- ☐ Hair products – shampoo / conditioner / hairbrush / hairspray / clips / ribbons / bands
- ☐ Blow dryer / curling iron / straightener
- ☐ Soap or body wash
- ☐ Camp clothes – socks / cheer shoes
- ☐ Uniform (if applicable)
- ☐ Sleepwear
- ☐ Underclothes
- ☐ Razor / Shaving lotion
- ☐ Make-up
- ☐ Feminine products
- ☐ Sunscreen / sunglasses
- ☐ Reusable water bottle
- ☐ Any special medication needed

Coaches may want to add the following optional items to their list:

- ☐ First Aid Kit
- ☐ Props – Signs / Poms / Flags
- ☐ Poster Board
- ☐ Items to decorate CCA Spirit Spout
- ☐ Markers / Paint / Streamers

# SPRITMANIA

Keeping your athletes spirited every day is an important part of camp. It will help keep their energy lifted when they get tired and it will set the tone for your entire year. For that reason, and also to give you ideas for spirit week/days, etc, we have spirit days each day at camp. *This is for the residential and commuter camps but can also be done at private camps for fun!* Participation in Spirit Days is optional. **Remember that however you are dressed each day must not prevent safe stunting and cheering and must not violate normal cheer safety rules. Also, see the Music, Moves and Dress policy in the FORMS section.**

## SPRIT DAYS FOR CCA CAMP 2024

Our theme song for 2024 is "Sing the Name" so our Spirit Days are following that title.

### **Day # 1: Sing me the "BLUES"**

Dress blue today to celebrate the soulful coolness of the Blues music. Mayv=be even dress like one particular Blues song. Not just clothes.... hair, face, hats ....anything and everything blue for "the Blues" day.

### **Day # 2: Sing me some "Country"**

What "country" are you in? At camp, you're in "CCA Spirits" country. When visiting teams come to your school, they are in "Eagle" country (insert your mascot). TO HELP YOU GET THAT MESSAGE ACROSS and for FUN, dress country. We even have a shirt just for you to wear that day. See the next page for ordering and more instructions. This is optional but a fun way to show your "country" pride.

### **Day # 3: Sing me some "Jazz"**

Wear your jazziest outfit! Or select your favorite jazz song to dress like. Even very old "jazz" like the Charleston. Let's see how creative you can be to make practice wear jazzy.

### **Day # 4: Sing me the "Classics"**

Nothing is as classic/classy as your school colors!!!! This is the day for you to wear your colors and be proud!

It's Showcase Day, so show off how you represent your favorite TEAM.... YOUR team!

Wear your uniform...or if it's not in yet, wear matching shorts and shirts in your Team colors for the Morning Session & Showcase.

### **FOR THREE DAY CAMPS and PRIVATE CAMPS**

**Day 1: Blues or Jazz** (Your choice)

**Day # 2: Country**

**Day # 3: Classics**

*It is NOT required for a team to dress alike at camp. Usually at least 60% of our teams do, the others don't. A lot just wear the same colors, but not necessarily the same outfit. Do NOT feel as though you need to go purchase matching outfits every day for your team if that is not in your budget. Teams that do have matching outfits use them all season as practice wear and/or GameDay wear. If you need help with this, let us know. You do NOT have to have uniforms for the final Showcase (do not think of it as a competition). They are permitted but not required.*

# CCA SUMMER CAMP AWARDS

## OUR PHILOSOPHY

CCA Summer Camp is a **learning experience**, not a **competition experience**. We do have an OPTIONAL team showcase on the final day of camp, however your team is at camp for the **primary purpose of skill training**. We also believe that hard work and great effort should be recognized and rewarded. This is the basic philosophy of the daily awards that we give at camp.

## DAILY RIBBON AWARDS

For overall performance **against their own best, NOT against other teams**, your team will be awarded:

### NO OVERALL RIBBON

Awarded if a team basically gave little or no effort, did not cooperate, did not make the desired effort or had attitude problems.

### WHITE RIBBON

Awarded if a team made some effort but not their best. Much improvement is needed. This ribbon is rated **“Good”**.....but not what we know they can do. Not living up to their own potential. Failure *to try* to make a good effort on instructor's corrections.

### RED RIBBON

Awarded if a team did an **“Excellent”** job, put forth a great effort, did all the required material very well. The performance was excellent...not perfect... but they can still work to reach their maximum potential.

### BLUE RIBBON

Awarded to a team who did a **“Superior”** performance in evaluation. In order to get this ribbon the performance needs to be 100%. All the basics should be there and the squad should work to its own full potential. Everyone gave 100%. Doesn't mean they didn't make mistakes. Means they did everything the instructor asked and gave a great team effort. Made their (not compared with anyone else) very best effort, showed great work ethic and attitudes.

### SPECIAL RIBBONS

Other special ribbons may be awarded (as recognized) to the team or to individuals for outstanding performance in jumps, stunt, motions, tumbling, 110%, crowd pleaser, etc. These also are based on performance, effort and improvement.

## SPIRIT AWARD

Our daily Spirit Award...the **“Spirit Spout”** is given to the team or teams each day that exhibit the most spirit. during the entire day. Spirit is defined as....noise, jumping, enthusiasm, smiles, attitude, 100% participation and effort in ALL activities including paying attention in devotions, actively participating in cheerbox sessions, praise and worship, learning, etc. **The cheerleaders with the least OR the most cheerleading ability can win the Spirit Award. This is a very high award in the view of CCA because it exhibits what cheerleading, especially CHRISTIAN cheerleading is all about! A special SPIRIT AWARD for the week will be given to the most spirited team overall!**

## BEST OF CAMP

This is a weekly award given at the end of camp. This award will be given cumulatively based on all their performances all week long, including for the Final Showcase performance. Cumulative daily staff evaluations help decide this award. This award will be given to teams in each separate division at camp.

## FINAL SHOWCASE

On the last day of camp, after a morning PI time and NPE, we will have full camp **optional showcase** with teams participating, **separated by team category** according to the size of the individual camp and the number of teams participating in each category (see Division List included in this packet). We believe in competition/showcase as it provides goals and new ideas to ALL squads; however we also believe in lessening the pressure on participants. We make this showcase FUN. The whole camp will cheer with the other teams as they perform. The spirit of sportsmanship and Christian love and fellowship prevail even during showcase time! Final Showcase awards will be considered in each division combined with daily cumulative to determine Best of Camp awards in each division. Parents/Visitors are allowed to watch this Showcase. We also give special awards for other outstanding improvements and areas of excellence during camp.

## SUPER STAR AWARD

CCA Super Star Award is comparable to what some organizations call All American or All Star. This award is given to Juniors and Seniors who display superior performance during the week in the areas of cheer skills (jumps/tumbling/stunts/pyramids/dance) as well as attitude, leadership, sportsmanship, great work ethic, energy, spirit, Christian character and integrity. This award may not be given at every camp, but multiple people may receive it at some camps. All those who qualify in every category (non-tumblers may be an exception). This award comes with a request to try out for CCA Saff, a Super Star ribbon, a medallion award, and recognition in the final awards ceremony. When coaches check in, they will be given a small ribbon for any juniors or seniors who desire to be viewed by CCA Staff for this award. They should tie this in their shoelaces for display at any time. You do not have to have this ribbon to win or be viewed, but this makes recognition easier. (Remember: Rising Jrs & Srs only)



# SAFETY FIRST!

## School and Empower

These teams follow the National Federation cheerleading safety rules. These are published in a safety booklet (entitled Spirit Rules) available from NFHS.org website. For schools, these rules apply to your game cheering, practices as well as competition cheering. For Empower, they apply to competition and practices. I have been informed that **the 23-24 book will be available in early June. You may order through nfhs.org.**

## College

Teams follow USA/aacca.org safety rules. You can download those from the USA website.

## Allstar

Teams follow usasf.net cheerleading safety rules. Please go to usasf.net to download the current safety rules. You have to be a usasf member in order to download those rules. We will have copies for all star teams in your coach notebook at camp, including division and level guidelines.

## In addition to the above rules, please note the following special guidelines required at camp for safety.

1. **NO JEWELRY.** This means **NONE**. Campers should not wear ANY JEWELRY. This includes post earrings or any other piercings. It also includes metal or hard hair barrettes. Taping over jewelry is *not* allowed. **There are NO exceptions.** Piercings less than 6 weeks old may have spacers only. NO bellybutton rings while stunting. Be sure that fingernails are kept at a short, safe length.
2. **NO GUM.** No gum is allowed at camp at any time for safety and hygiene and protection of property.
3. **COMPLETE QUIET or LOW VOICES while learning stunts** in your stunt group except when instructors are talking or when bases or flyers need to say "DOWN" to dismount for safety. This is an important and valuable safety rule. Complete attention and focus is required. Noise that prevents instructions from being heard is dangerous and joking while stunting is unsafe.
4. **NO CHEERING on concrete or uneven ground.** This means NO CHEERING...including jumps, motions, tumbling, stunting, ANYTHING! Your safety and your standing in camp results for the week will be affected by this.
5. **No jumping, yelling, screaming in the dorm/hotel rooms.** "Marking" motions and quiet practice is fine with "inside" voices.
6. **WATER OR SPORT BOTTLES ARE NEEDED FOR EVERY CAMPER.** This is also a safety precaution due to the strenuous activity combined with the heat. (even with air conditioning) We will give a water break after each workout. Also please note that **no drinks are allowed in the gymnasium except water.** If you have other drinks in bottles, you must use them outside the gym. Energy drinks are also not allowed. Gatorade and Water and mealtime drinks are the only things allowed.
7. **HAIR** must be worn in a manner to ensure safe participation. This means out of the face and eyes and off the shoulder enough to prevent being pulled or stepped on AT ALL TIMES when cheering. Remember no metal clasps or hard barrettes.
8. Campers should wear **appropriate undergarments** under loose fitting shorts and all skirts. Bikers, sliders, spandex, boy cut briefs, etc **must be worn for modesty.**
9. **INJURY PREVENTION** Get your team physically ready for camp and the cheer season. We will give them a short, but strenuous warm up each morning. In order not to add SORENESS to the sleepiness, tiredness, homesickness they will be experiencing at camp. Have your team run laps, stretch out 5 days a week at home and/or practice to get ready for camp workouts.
10. **IMPORTANT VENUE RULES/RESPONSIBILITIES** We are very thankful for our host venues who have so graciously allowed us to hold CCA camp on their premises. **CCA and the host venues have agreed on the following guidelines:**
  - a) Be mindful that this property was paid for and belongs to God. Literally many people provided funds and sacrificed to provide these facilities. Handle with care. Do not deface any property in any way. Please control your team so that horseplay and rowdiness (other than cheering) is not responsible for damaging any premises.
  - b) Please watch for cleanliness with your kids and have them clean up the table at meal times as well as check the restrooms for trash and cleanliness that they may have created.
  - c) No tape on any surface. Only the putty tape or command strips that do not leave residue and only on authorized areas which you will be notified of upon arrival.. NO scotch tape or masking tape. Some painter's tape may be used but depends on the surface and area and it will need to be approved. **Please be considerate and careful of the host venue's property.**
  - d) *No silly string. No sidewalk chalk.* No digging/sticking into grass/flowers/lawns.
11. All coaches and chaperones that come to camp must be approved by your school/organization as having been background checked by whatever means you use in order to coach or work closely with minors. Our CCA staff have completed background checked and have been certified as having been tested and passed the nationally recognized Child Protection Certification..

# TO HELP YOU GET READY FOR CAMP

We want you to be prepared and know what to expect at Cheer Camp. **Read these pages carefully and completely.** Many teams tell us **they wish they had known this information before they went** to other camps and they are so glad that **we provide it!** This information will help you feel comfortable and prepared for camp and allow your team to maximize this experience! **THERE ARE CHANGES FOR 2022 so even if you are a returning team, please be sure to read this information!**

## **PI TIME**

**What is it?** “P” stands for **PERSONAL** and “I” stands for **INSTRUCTOR**. This literally means that one of the camp instructors will be specifically assigned to **YOUR** team each day. This feature is unique to CCA Camp. Other camps have what is known as “private coaching” or “buddies” in which instructors walk around from one team to the other and help out. But at CCA your PI stays *exclusively* with your team during your assigned PI time and even checks with you during the other parts of the day to see how you are doing. This is extremely beneficial for new/inexperienced teams to help them gain confidence and limit intimidation. It also means that more experienced and elite teams are not held back in their advancement. **Specialized one-on-one instruction for all groups AT YOUR LEVEL!**

**What do they do?** Our PI’s help you put together your *daily “no pressure evaluation”* and work with your team at their own level in stunting, jumps, tumbling, transitions to take them to the highest level possible and encourage them to give 100%. The **PI** attempts to get to know your team in order to learn their strengths, weaknesses and capabilities. Truly **“one-on-one” personal instruction. The benefits of a full camp but with private camp instruction!**

**How can I benefit the most?** For maximum benefit, coaches and captains should have the evaluation material planned before PI time starts. This can be done in several ways:

- a) During the day while the team is learning, **the captain should keep evaluation in mind** and notice which cheers, dances, tumbling, jumps, stunts and sidelines the team seems to know best and consider using those for evaluation. (Please see the schedule page in this packet to see a general idea of each day’s evaluation requirements. **Specifics may vary from this and will be given in coach notebook on first day of camp**)
- b) Teams will be given **“reality check”** time each day for a few minutes before PI and the pre-evaluation time. Use the time to decide what material you are going to use and to prepare for PI time.
- c) Extra time is allowed during **meal breaks for team practice and preparation** for PI time and evaluation.

To truly benefit the most, PI time is best used for **perfecting vs learning**. If you *need* to learn, the PI *will* help you, but it is best to use that time for perfecting, even if it means using a less complicated cheer or sideline for evaluation. It is often a good idea to *use material for one day’s eval that you learned the previous day*. This way you have plenty of practice time and do not have to use PI time for that; especially if your team is new and needs more help with the learning process. Your PI will always specialize the training to your team’s specific learning skills, levels and needs.

## **NPE - “No Pressure”Evaluation**

### **How does the Day work for Cheer Evaluation?**

**Morning** - Cheer Class/Sideline Class/Band Chants/ Special AllStar and Empower Classes/Stunt Classes

**Afternoon** - Spiritmania on Day 2, Special Classes/Optional Classes, etc. Then PI Time (as explained above) when your Personal Instructor helps prepare you for Pre-Evaluation.

**Pre-Evaluation** consists of performing the required material for that day in front of your PI, using a form to evaluate your performance. When finished, the PI reviews your performance, tells you what you need to improve, (usually 3 specific things )etc and gives the form to your Coach to use during practice time after dinner to get ready for eval.

**NPE Time** During this time you perform your eval requirements again in front of your PI. You are allowed to perform it up to three times and have the PI make final ribbon awards based on your best performance. **YOU ARE NEVER JUDGED AGAINST ANY OTHER TEAM...ONLY AGAINST YOUR OWN BEST!** The Coach will give the NPE Eval Form back to the PI and he/she will review your improvement and award daily ribbons accordingly. The least talented team at camp can get a blue ribbon if they make all corrections as required and improve from Pre-Eval. The most talented that does not improve or performs below their pre-eval level can get a white ribbon. This is based on how much you improve from pre-eval only. See the **AWARDS section** for the kinds/types ribbons that can be awarded.

# TO HELP YOU GET READY FOR CAMP

## **"A" CHEERS and "B" CHEERS** (for school teams)

When teaching cheers we will divide the group into **"A" which are the simpler, easier cheers** and **"B" which are the more complicated, difficult cheers**. Usually those who go into the "A" group are less experienced and younger teams and "B" would be more experienced and older teams. JV and JH (middle school) teams that are experienced can still learn "B" while there are Varsity teams who will want to learn "A". **Decide where your team falls and prepare them before camp to know whether they will learn A or B.** If you are bringing two teams to camp, it is advisable to send one to A and one to B if possible in order to get more material and have a variety for the two teams. **You are asked to make this decision and write it on the Camp Confirmation form enclosed in this packet so we can sufficiently plan ahead for camp.**

## **STUNTING LEVELS** **This will be Intermediate (Primary), Advanced (Plus) and Elite (Premier) for Schools and Empower Teams**

Your team will have a **special stunt instructor, a stunt "PI"** that will **stay with you all week** (not change daily like the regular PI's do) and will be able to move you from level to level as you progress. The Coach will need to decide at which level the team will start. ALL COACHES MUST ATTEND stunt classes to learn how to teach and spot stunts as taught by their stunt instructor. **We ask for this information on the enclosed Camp Confirmation form in order to plan ahead for stunt class.** In the stunt break-out group, the staff instructor can move the team up or down in levels. You go to Stunt levels and classes as a TEAM. You should go to the level that applies to the MAJORITY of your team. Levels are as follows:

**SCHOOL STUNTING/EMPOWER STUNTING** - using NFHS Spirit safety guidelines

**INTERMEDIATE (Primary) LEVEL:** From no experience to elevator with back spot

**ADVANCED (Plus) LEVEL:** Shoulder level stunts including single leg and cradles. Extension from elevator.

**ELITE (Premier) LEVEL:** Require a straight up extension & liberty. Ready to work on other extended 1 leg stunts/ tosses

**ALL STAR STUNTING FOLLOW** usaf level guidelines. Work on Level Appropriate in Progressions before moving up.

## **OTHER IMPORTANT TIPS TO GET YOUR TEAM READY FOR CCA CHEER CAMP**

1. **Get Fit!** Put together a Fitness plan and schedule including conditioning and strength training. Have practices and do the exercise and reps together but also have a "take-home" schedule to be sure they continue this on their own time at home. If they are not ready they will end up combining soreness and fatigue with all the other elements of camp and will not be able to truly maximize the experience.
2. **Go through stunt progressions** with your stunt groups. Start at the very basic progressions (step/lock drills and thigh stands) and take the group as far as they can go at their current level of ability. Develop a verification sheet in which each team member signs at the completion of each progression as a spotter and as either a base or flyer. Some people may be able to sign off as a spotter, a base and a flyer. Demand proper technique and strong execution before they can go on to the next progression. Progressions will be repeated at camp, however your team will know what to do and will be able to run through the basics quickly and move on to higher progressions. If you need a copy/pictures of progressions ahead of time, please email or call our office.
3. **Put together stunt groups ahead of time if possible.** Your stunt group should include a strong main base (shorter, stronger person), a secondary base, a back spot (tallest, strong base) and a flyer. Add a fifth person to the group that can be an additional base but could also fly if needed. Have a five man group if possible. These groups may change when you get to camp or during the year for pyramids, etc but this is a strong way to set up your team for learning at camp and helps them to feel confident going into stunt class and maximize time.
4. **Have several Work Days before camp week.** Have each of them come in everyday (9 – 5 or similar) and have conditioning, prepare signs, flags or other spirit/game day props to be used for spirit and for game day evaluations. Work skill drills and personalize for each person which skills they need to work on at home. Get camp gear ready and spirit days materials. Pray together and set camp goals. Have a sleep over, go out to eat. Start the teamwork and bonding process before camp to maximize the experience at camp.
5. **Develop a "check list" or "packing list"** for everything that everyone needs to bring, including toiletries, medicine, make up, uniforms, spirit gear, spirit props, etc... Let the whole team help put this together so that the veterans can relate stories of things that have happened at camp in the past. This will be a fun bonding experience and will help the new girls feel more comfortable. This would be a good time to match up new girls and veterans as **"Spirit Sisters" or "Spirit Pals."** This will go a long way toward insuring a smoother camp for everyone. Go through sample camp schedule with the team to let them know what goes on each day. The more prepared they feel, the more confident they feel!

# TO HELP YOU GET READY FOR CAMP

## A Word about our Coed Staffers

CCA employs male and female staffers as independent contract staff. We have employed males since 1993 and it has worked very well. As a matter of fact, we have had nothing but VERY positive comments from all involved coaches and campers. These guys confirm to our young female campers that they do not have to settle for second best. These are great guys who really love the Lord and stand up for Him. Girls really learn that they don't have to settle for less. The guys have been positive role models in every situation. Our staff standards in testimony and character are very high. This is doubly true for coed staff. If you or any team members experience ANYTHING that might seem lesser or feel compromised in any way, please let us know IMMEDIATELY.

Many of the guys are Youth/ Youth Ministry majors in college. The testimony of CCA is our most valuable and treasured asset. We want it to remain unblemished. Because of this promise and concern, you can feel at ease about the following:

**a) we allow no coed stunts to be shown, practiced or used in our routines that involve any male/female contact other than hand- to- foot or cradling. At no time will coed staffers do a chair or split catch with girl staffers or campers. Only 'toss to hand' and those type of stunts are allowed. PLEASE DO NOT ASK OUR MALE STAFF or ANY STAFF TO STUNT WITH ANY CAMPERS. Our staff is here to teach you and show you, but not for camper/staff stunting. This is not allowed by our insurance or safety rules and we want to remain above reproach in our testimony regarding male/female contact.**

**b) "hands off" policy will ALWAYS be in effect in male/female situations between male staff members and female staff or campers. Absolutely NO "PDA". (Public Display of Affection) is allowed. Actually this applies to coed campers also and we ask coaches to help us enforce this situation.**

**c) It is imperative that all your female team members wear modest biker shorts or dance bloomers /spandex under their camp shorts for the sake of modesty, especially when stunts are being taught.**

Our male staffers are leaders who will share their dynamic Christian testimonies with the camp and they are a big addition. If you have questions or concerns, please call our office at 336.749-0892

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## Clarifications of Dress Codes (also see CCA Music, Moves & Dress Policy in the online forms section.)

The key to all dress requirements is MODESTY. All style shorts should have bikers (sliders/spandex/tights/briefs) worn underneath. This applies to cheer uniforms also. This is especially important during stunt class. All shorts (including and especially wide leg) should have modest bikers underneath.

No "cut off" T-shirt tops or uniforms of any type that expose the midriff. No low cut tops or T-shirts with worldly advertisement. (hard rock groups, tobacco, alcohol, drugs, Satanic sayings or symbols, etc). No extremely tight tops. Good supportive undergarments must be worn at all times for safety and modesty. Modest tank tops and racer backs that are not too tight may be worn. No completely strapless tops. NO CLEAVAGE SHOWING!

Tennis shoes with good arch and lateral support must be worn at all times during cheering and on the gym floor for safety and injury prevention.

**Girls in dorms must always have on appropriate clothing when walking from the showers to the dorm rooms (NOT just towels wrapped around them). NO GUYS in girls' rooms & vice versa FOR ANY reason at any time.**

No jewelry of any kind is allowed while cheering. NO EXCEPTIONS. Piercings that are less than 6 weeks old may have clear spacers. NO belly button rings are allowed during camp.

For camp services/devotions, regular camp clothes (shorts and T-shirts) are appropriate. No special clothing is needed.

# F A Q's

## ***WILL THE CAMPERS BE ABLE TO CALL HOME?***

With most campers and coaches owning and carrying cell phones, communication is usually pretty frequent. Please be sure that parents have coach and chaperone cell phone numbers prior to leaving for camp. **We DO NOT ALLOW CAMPER CELL PHONES in the gym for any campers during instructional times or devotion times.** Besides, this is CHEER camp and we want you to concentrate on the spiritual things you are learning and bonding with your own cheer team! The best results come with no outside interferences. Call coaches cell number for emergencies.

## ***WILL WE NEED TO HAVE A “HOME CHEER” PREPARED TO SHOW?***

You **do not need** a home cheer at all and don't need to prepare any cheers or sidelines to show during evaluations, etc. There are times you will be allowed to make up stunts/sidelines/ or motions to words possibly and you may use some from home but they will not be evaluated. This the same for Empower and AllStars with dances, music.

## ***DO WE NEED ANY OTHER STUNT PREPARATION?***

You should divide your team into BASES (person on the bottom, holding the stunt) and FLYERS (the person climbing or tossed on the top of the stunt). We will strongly emphasize the importance of SPOTTERS (counts/controls/assists in building the stunt and keeps it from falling). We will teach the proper and safe technique needed to build partner stunts and pyramids. Each camper should generally know which category he/she best fits into prior to coming to camp. In a truly flexible team, girls can alternate as bases and flyers. As a general rule, if you are not experienced, the larger, stronger girls are bases and the smaller ones are flyers. The tallest ones are the best spotters, however we will train EVERYONE as a spotter. Actually stunting is based on TECHNIQUE rather than size. This is what we will teach at camp!

## ***WHAT CATEGORY/DIVISION SHOULD WE BE LISTED AS FOR CAMP?***

In Christian schools especially, designation of teams is extremely variable. At camp you should cheer with the same designation in which you cheer at home. This will be different at different schools. For final showcase (which is an optional showcase on the last day of camp) **Divisions will be: SCHOOLS: Elementary - K-5 to 3rd; Intermediate is 4-5th grade; JR Hi is 8th & below. JV is 10th & below; Varsity is 12th and below..** “Below” refers to nothing lower than K-5). This will be your showcase division. That is the only time your division designation matters at all. Remember, Summer Camp is for **learning** . Showcase(on the last morning) is only secondary. Think of this as **a learning camp** and **not** a competition camp. For **Empower**, review the enclosed Empower division list . For **Allstars**, division guidelines can be found at [usasf.net](http://usasf.net). NOTE: Be sure you check the LATEST rules/divisions.

## ***DOES EVERYONE DRESS ALIKE? SHOULD WE BRING UNIFORMS?***

There is no doubt that teams feel more confident and more “bonded” when they can dress alike. This is **NOT REQUIRED**. Usually about 60 -75% of the camp teams do dress alike. The rest don't. It will not affect your awards or standing at camp if you do not have matching outfits. Simple inexpensive modest shorts and T-shirts are fine. Generally you'll need shorts for each day and tops for each day. Teams often wear the same shorts all day and change t-shirts at night because of the heat. Some schools are able to have uniforms by camp time. A lot aren't. This does **not** affect your showcase judging in any way. If you have your uniforms and want to wear them, that is great. Please do not change into uniforms that will overheat the team until right before competition on the last day.

## ***WHAT TIME DO WE HAVE TO BE THERE AND WHAT TIME WILL WE BE FINISHED?***

Please check this packet for information for YOUR OWN SPECIFIC camp times. The three day and the two day schedules are included in this packet. Don't be late for the opening demo! **Private Camps** have different hours and ending times as noted in this packet. Check the private camp confirmation form and the generic schedules for all camps.



# FORMS FOR CAMP

# SUMMER CAMP 2024

**All forms** in this packet should be completed and submitted online to CCA to be received no later than May 20, 2024.

If you are unable to meet that time frame for some reason, please let us know as soon as possible.

## **MEDICAL RELEASE FORM -**

*This form covers medical, liability, publication permission, photo release, emergency info and permission to treat.* Please bring one hard copy of each form to camp for your own use. You can submit the forms online with electronic parent signatures, which are verified. You will only need to submit this form one time for each season. A new season begins with Summer Camp. This form will be kept in our records all year. Be sure that each form is signed either in person or electronically by parents. We also need this form for each coach attending camp. **NO PARTICIPATION IS ALLOWED** without these forms and no refund will be given. Please be sure that you submit and verify receipt before the first day of camp.

## THE FOLLOWING FORMS SHOULD BE SUBMITTED ONLINE BY May 20, 2024

- ☐ Team Roster Form (please complete or type in spread sheet/need all info)
- ☐ Team Results Form
- ☐ Music, Moves and Dress Form
- ☐ Regular camp information form or
- ☐ Private camp confirmation form