



FCC CHEER CAMPS

Camp Regulations

Before arriving at camp, please communicate the following guidelines to your squad:

1. Visitors are not permitted to participate at camp. Parents and friends are encouraged to visit and watch especially during daily evaluations and the final camp championship.
2. Nightly Prime Time is mandatory for all cheerleaders and coaches.
3. Telephone messages will be delivered if they are in an emergency nature. All calls will be made from payphones. **NO LONG DISTANCE CALLS ARE TO BE CHARGED TO ROOMS.**
4. Cheerleaders/Coaches may not leave the activities of the camp for any reason. In an emergency, the Director must be notified and specific arrangements made.
5. Free time and meal breaks are the only times the coach will be allowed to take the squad off campus. The squad must be supervised at all times. The Camp Director must be notified as to when and where your group will be in case of an emergency.
6. Cheerleaders may not remain in their rooms during the day. Each coach is responsible to see that all of the girls arrive **PROMPTLY** for each session.
7. The Camp Director is to be notified if any cheerleader is so ill they cannot attend the day's activities. Medical care, if necessary, will be arranged by the Director.
8. Each cheerleader is responsible for any valuables that are brought to camp. Coaches may wish to bring a special bag in which to keep their squad's valuables.
9. Please use discretion and modesty when choosing camp outfits. The camp is to be a testimony to our Christian principles and that includes our standard of dress. Shoes are to be worn at all times.
10. Christian attitudes and conduct are expected from all participants at all times. This includes fun chanting throughout the day. No profanity or vulgar language or vulgar moves will be accepted. Smoking, alcoholic beverages, or other drugs are not permitted and will result in immediate release from camp.
11. Although it is not a requirement, many schools enjoy wearing matching camp outfits. One of FCC's sponsors, Score Spirit Store offers great campwear at

discounted prices for your benefit. We do strongly suggest that your cheerleaders wear athletic shoes with support for jumping and exercising.

Note for Coaches:

1. Bring workout clothes as special sessions are planned for you. If someone other than the coach is the chaperone, that person should attend all the Coaches' Workshops but does not have to participate in the special activities.
2. Coaches should bring any helpful tips to share. Also, be prepared to discuss problems that might need attention.
3. Any injury should be reported immediately to the Camp Director.
4. Coaches are not to leave their squads un-chaperoned at any time during the camp.
5. You may wish to bring water coolers for instruction sessions outside.
6. Be prepared to lead individual devotional times with your squad. This always brings the group together in unity.
7. You may want to bring signs, name tags, megaphones, pom-poms, etc. but they are not mandatory items.
8. All cell phones/pagers must be turned to vibrate during camp.
9. Any additional expenses incurred at camp due to destruction of property, lost keys, violation of campus rules, etc will be the sole financial responsibility of the school directly involved.

Material to bring to FCC Camp

1. One Home Cheer for evaluation on Day 1 (45 second max)
2. Spirit posters, banners, signs, etc. are optional.

Note: If your squad is chosen to compete in the camp championship, they will be required to perform with MATERIAL LEARNED AT CAMP.