



2020 Now & Later Camp Schedule

Two Virtual, One In-Person

DAY 1

VIRTUAL

8:45 am Coaches Check-In
 9:00 am Staff Introductions & Ice Breaker
 9:15 am Warm Up
 9:20 am Spirit Prop Workshop & Game Day
 Class: Cheers & Sidelines
 10:15 am Squad Leadership Training & Squad Credentialing
 10:45 am Safety Awareness & Stunt Class – Drills for Skills
 11:15 am Rally Routine
 11:55 am Material Review
 12:00 pm Daily Awards

DAY 2

VIRTUAL

8:45 am Captains' Leadership Training & Captains and Coaches' Goal Setting
 9:00 am Ice Breaker, Warm Up & Material Review
 9:15 am Game Day Class: Band Chant
 9:45 am Stunt Class – Drills for Skills
 10:15 am Dance Class (*Options Below*)
 11:00 am Squad Credentialing & Team Unity
 11:30 am All-American Review & Tryouts
 11:55 am Material Review
 12:00 pm Daily Awards

Dance Class Options:

- *Fight Song
- *Timeout Dance
- *Fan Chants

DAY 3

IN-PERSON

12:00 pm Ice Breaker & Material Review
 12:30 pm Safety Awareness & Stunt Class
 1:45 pm Situational Sideline Private Coaching
 2:15 pm Pyramid Class
 3:00 pm *Snack Break & St. Jude Letters*
 3:15 pm Cheer Private Coaching & Evaluation
 4:00 pm Stunt Class
 5:00 pm Team UCA
 5:15 pm Personalized Pyramid Class
 5:45 pm Jump Class / Jump Off
 6:00 pm Squad Credentialing Presentation, Pin It Forward & Awards

