

# HOME CAMP MENU

## HEY COACH!

You've registered for a UCA BYO Home Camp which means it's time to take a look at which classes will benefit your program the most. Your UCA Instructor will be in contact with you soon to discuss which of these classes you would like to focus on so they can build a schedule to perfectly meet the needs of your team.



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### **SPIRIT PROP WORKSHOP & GAME DAY TRAINING**

Squads will learn how to create excitement and engage the crowd during a game with poms, signs, megas, flags and proper spiriting techniques in the Spirit Prop Workshop! During Game Day Training, teams will learn exciting and crowd effective sidelines, cheers and band chants to become the ultimate crowd leaders at school.

### **STUNT & PYRAMID CURRICULUM**

Updated partner stunt and pyramid curriculum from beginner to elite with new transitions, inversions and dismounts while still following the UCA progressions squads know and love. Includes a Safety Awareness Test, Spotting Seminar and Stunt Qualification.

### **SIDELINE PRIVATE COACHING**

Personalized and situational sideline instruction with the UCA Staff for football or basketball with training on motions, voice inflection, incorporating crowd effective skills and more!

### **FNL FRENZY & SIDELINE STUNTS**

Squads will learn how to create excitement and engage the crowd in different game situations such as kickoff / tip-off, first down, free throw and more! The UCA Staff will help teams work on utilizing simple but fun stunts to coordinate with the band and entertain the crowd at games!

### **TEAM BUILDING**

Build, bond and grow through team building exercises, encouraging evaluations and leadership training.

### **CHEER PRIVATE COACHING**

One-on-one time with the UCA Staff incorporating spirit props such as signs, poms, megas and flags along with skills and spirit into a cheer of choice.

### **FAN CHANTS**

Squads will learn several short, crowd effective line dances to popular house / band music to get the fans back home involved!

### **GAME DAY PRIVATE COACHING**

Put it all together with your UCA Staff Instructor! Time to work on creating a seamless Game Day routine consisting of the band dance, your personalized sideline and cheer.

### **CAMP ROUTINE PRIVATE COACHING**

Individualized time with the UCA Staff to help create an eleven 8-count performance customized to the squad's unique strengths and abilities.