



2023 2-Day DAY Camp Schedule



DAY ONE

8:45 am - 9:00 am	Registration
9:00 am	Opening Staff Demo & Meet your Team Leader!
9:15 am C	Motion & Spirit Prop Workshop / Game Day Class: Cheers & Coaches' Meeting #1
9:45 am E	Camp Dance
10:15 am S	Safety Awareness w/ Team Leader
10:30 am A	Stunt Class #1
12:00 pm	Lunch
12:45 pm C	Group A – Cheer Private Coaching
A/L	Group B – Stretching, Flexibility & Jump Class / Team UCA
1:30 pm A/L	Group A – Stretching, Flexibility & Jump Class / Team UCA
C	Group B – Cheer Private Coaching
2:15 pm E	Cheer Evaluations
2:30 pm A	Pyramid Class w/ Team Leader
3:15 pm A	Jump Off
3:30 pm B/L	Material Review / St. Jude / Coaches' & Captain's Goal Setting
4:00 pm	Team Leader Meetings / Squad Credentialing & Daily Awards New Coaches' Q/A

DAY TWO

9:00 am	Team Leader Check-In / Warmup / Dance Class & Coaches' Meeting #2
9:45 am A	Group A – Stunt Class #2
R/L	Group B – FNL Frenzy / Sideline Stunts & Team UCA
10:45 am R/L	Group A – FNL Frenzy / Sideline Stunts & Team UCA
A	Group B – Stunt Class #2
11:30 am	All-American Set Up / Material Review
12:00 pm	Lunch
12:45 pm L/S	Captains' Leadership Training / Coaches' Stunt Workshop
1:00 pm B	All-American Tryouts
1:15 pm A	Group A – Personalized Pyramids
L	Group B – Squad Leadership Training & Team Unity
1:45 pm L	Group A – Squad Leadership Training & Team Unity
A	Group B – Personalized Pyramids
2:15 pm E	Camp Routine Private Coaching
3:15 pm E	Camp Routine Evaluations
3:30 pm E	Cheer & Camp Routine Championships
4:00 pm B	Squad Credentialing Presentation / Final Awards & Pin it Forward

