



2023 2-Day Home Camp Schedule: Build Your Own (BYO) Sample



DAY ONE

- 11:45 am - *Registration*
- 12:00 pm
- 12:00 pm Staff Introductions & Ice Breaker
- 12:15 am C Motion & Spirit Prop Workshop / Game Day Class: Cheers
- 12:45 pm S Safety Awareness
- 1:00 pm A Stunt Class #1
- 2:15 pm E Dance Class
- 3:00 pm *Break*
- 3:15 pm A Cheer Private Coaching
- 4:15 pm E Cheer Evaluations
- 4:30 pm L Squad Leadership Training & Team UCA
- 4:45 pm A Pyramid Class
- 5:45 pm B St. Jude & Material Review
- 6:00 pm Squad Credentialing & Daily Awards

DAY TWO

- 9:00 am Ice Breaker /Warmup & Material Review
- 9:15 am C Game Day Class: Sidelines or Band Chant
- 10:00 am A Stunt Class #2
- 11:00 am E Dance Class*
- 11:30 am R FNL Frenzy & Sideline Stunts
- 12:00 pm *Lunch*
- 12:45 pm L Captains' Leadership Training
- 1:00 pm A Jump Off
- 1:15 pm B All-American Tryouts
- 1:30 pm A Personalized Pyramids
- 2:30 pm E Camp Routine Private Coaching
- 3:30 pm E Camp Routine Evaluations
- 3:45 pm E Camp Showcase
- 4:00 pm B Squad Credentialing Presentation / Final Awards & Pin it Forward

