



2023 3-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: Sidelines & Coaches' Meeting #1
10:00 am E	Camp Dance
10:30 am S	Safety Awareness w/ Team Leader
10:45 am A	Stunt Class #1
12:00 pm	Lunch
1:15 pm C	Group A - Situational Sideline Private Coaching
L	Group B - Material Review & Team UCA
1:45 pm L	Group A - Material Review & Team UCA
C	Group B - Situational Sideline Private Coaching
2:15 pm A	Pyramid Class w/ Team Leader
3:00 pm C	Game Day Class: Cheers
3:30 pm S/A	Stunt Troubleshooting Class - NEW!
4:00 pm	Team Leader Meetings & St. Jude Letters / Squad Credentialing & Daily Awards New Coaches' Q/A

DAY TWO

9:00 am A	Team Leader Check-In / Warmup / Stretching, Flexibility & Jump Class / Material Review & Coaches' Meeting #2
9:30 am L	Coaches' & Captain's Goal Setting
9:45 am A	Stunt Class #2
10:30 am C	Group A - Cheer Private Coaching
R	Group B - FNL Frenzy & Sideline Stunts
11:15 am R	Group A - FNL Frenzy & Sideline Stunts
C	Group B - Cheer Private Coaching
12:00 pm	Lunch
1:00 pm	Captains' Leadership Training / Coaches' Stunt Workshop
L/S	
1:30 pm	Sideline & Cheer Evaluations
2:00 pm E	Group A - Timeout Dance
E	Group B - Personalized Pyramids
2:45 pm A	Group A - Personalized Pyramids
A	Group B - Timeout Dance
3:30 pm E	Team UCA
3:45 pm R	Jump Off
4:00 pm B	Team Leader Meetings / Squad Credentialing / Daily Awards & Pin it Forward

DAY THREE

9:00 am	Team Leader Check-in / Team UCA & Material Review
9:30 am A	Stunt Class #3
10:15 am E	Group A - Camp Routine Private Coaching
L/A	Group B - Team Unity & Motion Technique Class - NEW!
11:00 am L/A	Group A - Team Unity & Motion Technique Class - NEW!
E	Group B - Camp Routine Private Coaching
11:45 am B	All-American Tryouts
12:00 pm	Lunch
1:15 pm E	Camp Routine Evaluations
1:45 pm	Team Time w/ Team Leader
2:30 pm E	Camp Routine Championship
3:00 pm E/C	Sideline & Cheer Championship - NEW!
3:45 pm	Squad Credentialing Presentation
3:55 pm	Senior Recognition Ceremony - NEW!
4:00 pm B	Final Awards & Pin it Forward

