



2023 3-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 pm C Motion & Spirit Prop Workshop & Game Day Class: Sidelines
 1:00 pm S Safety Awareness
 1:15 pm A Stunt Class
 2:30 pm E Camp Dance
 3:15 pm Break
 3:30 pm C Situational Sideline Private Coaching
 4:00 pm A Pyramid Class
 4:45 pm L Team UCA
 L Coaches' & Captain's Goal Setting
 5:00 pm A Stretching, Flexibility & Jump Class
 5:30 pm A/S Stunt Troubleshooting Class – **NEW!**
 6:00 pm Daily Awards & Squad Credentialing

DAY TWO

9:00 am Ice Breaker / Warmup & Material Review
 9:15 am C Game Day Class: Cheers
 10:00 am A Stunt Class
 11:00 am C Cheer Private Coaching
 11:45 am L/B Team UCA & St. Jude Letters
 12:00 pm Lunch
 1:00 pm L Captains' Leadership Training
 1:15 pm C Sideline & Cheer Evaluations
 1:30 pm A Pyramid Class
 2:15 pm L Squad Leadership Training
 2:30 pm E Camp Routine Private Coaching
 3:30 pm Material Review
 3:45 pm A Jump Off
 4:00 pm B Daily Awards / Squad Credentialing & Pin it Forward

Dance Class Options

- Timeout Dance
- Fight Song
- Fight Song Critique
- Additional Material

DAY THREE

9:00 am Ice Breaker / Warmup & Material Review
 9:15 am C Game Day Class: General Sidelines & Fan Chants!
 9:45 am A Stunt Class
 10:45 am E Camp Routine Evaluations
 11:00 am R FNL Frenzy – *On your football field or basketball court!*
 11:45 am B All-American Tryouts
 12:00 pm Lunch
 1:00 pm E Dance Class*
 2:00 pm L/A Team Unity & Motion Technique Class – **NEW!**
 2:30 pm Additional Material Class
 2:45 pm Break
 3:00 pm Team Time
 3:30 pm E Camp Showcase
 4:00 pm B Squad Credentialing Presentation / Final Awards & Pin it Forward

