



2023 3-Day Stunt Camp Schedule



DAY ONE

9:00 am - 12:00 pm	Registration
1:00 pm	Opening Staff Demo & Meet your Team Leader!
1:30 pm C	Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer & Coaches' Meeting #1
2:00 pm E	Camp Dance
2:30 pm S	Safety Awareness w/ Team Leader
2:45 pm A	Stunt Class #1
4:00 pm A/S	Stunt Troubleshooting Class – NEW!
4:30 pm	Dinner
6:15 pm A	Group A – Pyramid Class
A	Group B – Private Coaching: Stunt Sequence
7:00 pm A	Group A – Private Coaching: Stunt Sequence
A	Group B – Pyramid Class
7:45 pm	Material Review / Team UCA & St. Jude
8:15 pm A	Jump Off
8:30 pm	Team Leader Meetings & Daily Awards New Coaches' Q/A

DAY TWO

	Breakfast
8:30 am A	Team Leader Check-In / Warmup / Material Review / Drills for Skills & Coaches' Meeting #2
9:15 am L	Coaches' & Captain's Goal Setting
9:30 am A	Group A - Stunt Class #2
A/L	Group B – Stretching, Flexibility & Jump Class / Squad Leadership Training & Team UCA
10:15 am A/L	Group A – Stretching, Flexibility & Jump Class / Squad Leadership Training & Team UCA
A	Group B – Stunt Class #2
11:00 am E	Stunt Sequence Evaluations
11:30 am	Lunch
1:15 pm L/S	Captains' Leadership Training / Coaches' Stunt Workshop
1:30 pm A	Pyramid Class
2:15 pm E	Group A – Camp Routine Private Coaching
R	Group B – FNL Frenzy & Sideline Stunts
3:00 pm R	Group A – FNL Frenzy & Sideline Stunts
E	Group B – Camp Routine Private Coaching
3:45 pm	Open Practice w/ Coach
4:00 pm B	All-American Tryouts
4:30 pm	Dinner
6:15 pm E	Camp Routine Evaluations
6:45 pm	Team Time w/ Team Leader
7:15 pm	Electives*
7:45 pm	Gatorade Break
8:00 pm R	Spirit Night!
8:30 pm B	Team Leader Meetings / Squad Credentialing / Daily Awards & Pin it Forward

DAY THREE

	Breakfast
8:30 am	Optional: Open Practice
9:00 am	Team Time w/ Team Leader
9:30 am A	Stunt Sequence
10:15 am E	Camp Routine
11:00 am	Squad Credentialing Presentation
11:10 am	Senior Recognition Ceremony – NEW!
11:15 am B	Final Awards & Pin it Forward

Elective Classes

- Timeout Dance
- Tumbling Critique – **NEW!**
- Stunt Transitions
- Additional Material
- Basket Toss Class
- Open Workshop

