



2023 3-Day Traditional Overnight 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: Sidelines & 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	C Group A – Situational Sideline Private Coaching L Group B – Team UCA & Material Review
4:30 pm	Dinner
6:15 pm	L Group A – Team UCA & Material Review C Group B – Situational Sideline Private Coaching
6:45 pm	A Pyramid Class w/ Team Leader
7:30 pm	C Game Day Class: Cheers
8:00 pm	S/A Stunt Troubleshooting Class – NEW!
8:30 pm	Team Leader Meetings & Daily Awards New Coaches' Q/A

DAY TWO

	Breakfast
8:30 am	A Team Leader Check-In /Warmup / Stretching, Flexibility & Jump Class / Material Review & Coaches' Meeting #2
9:00 am	L Coaches' & Captain's Goal Setting
9:15 am	A Stunt Class #2
10:00 am	C Group A – Cheer Private Coaching L/B Group B – Squad Leadership Training, St. Jude & Team UCA
10:45 am	L/B Group A – Squad Leadership Training, St. Jude & Team UCA C Group B – Cheer Private Coaching
11:30 am	Lunch
1:15 pm	L/S Captains' Leadership Training / Coaches' Stunt Workshop
1:30 pm	E Sideline & Cheer Evaluations
2:00 pm	A Pyramid Class
2:45 pm	E Group A – Camp Routine Private Coaching R Group B – FNL Frenzy & Sideline Stunts
3:30 pm	R Group A – FNL Frenzy & Sideline Stunts E Group B – Camp Routine Private Coaching
4:15 pm	A Jump Off
4:30 pm	Dinner
6:00 pm	E Camp Routine Evaluations
6:30 pm	B All-American Tryouts
7:00 pm	Group A – Team Time w/ Team Leader L/A Group B – Team Unity & Motion Technique Class – NEW!
7:30 pm	L/A Group A – Team Unity & Motion Technique Class – NEW! Group B – Team Time w/ Team Leader
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	E Camp Routine Championship
10:15 am	E/C Sideline & Cheer Championship – NEW!
11:00 am	Squad Credentialing Presentation
11:15 am	Senior Recognition Ceremony – NEW!
11:20 am	B Final Awards & Pin it Forward

