



2023 4-Day Junior High 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: Band Chant

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 & Coaches' Meeting #2

9:15 am **L** Coaches' & Captain's Goal Setting

9:30 am **A** Group A – Stunt Class #2
C Group B – Game Day Class: Cheers & Cheer Private Coaching Prep

10:30 am **C** Group A – Game Day Class: Cheers & Cheer Private Coaching Prep
A Group B – Stunt Class #2

11:30 am *Lunch*

1:15 pm **L/S** Captains' Leadership Training / Coaches' Stunt Workshop #1

1:30 pm **A** Pyramid Class

2:15 pm **R/C** Group A – Band Chant Review, FNL Frenzy & Sideline Stunts
C Group B – Cheer Private Coaching

3:15 pm **C** Group A – Cheer Private Coaching
R/C Group B – Band Chant Review, FNL Frenzy & Sideline Stunts

4:15 pm Open Practice w/ Coach

4:30 pm *Dinner*

6:15 pm **E** Sideline & Cheer Evaluations

6:45 pm **A/E** Group A – Personalized Pyramids & Camp Routine Private Coaching Prep
L/B Group B – Squad Leadership Training / St. Jude & Team UCA

7:30 pm **L/B** Group A – Squad Leadership Training / St. Jude & Team UCA
A/E Group B – Personalized Pyramids & Camp Routine Private Coaching Prep

8:15 pm **A** Jump Off

8:30 pm Team Leader Meetings / Squad Credentialing & Daily Awards

DAY THREE

Breakfast

8:30 am **C** Team Leader Check-In / Warmup & Game Day Class: General Sidelines & Fan Chants! & Coaches' Meeting #3

9:15 am **C/A** Group A – Game Day Practice & Drills for Skills
A Group B – Stunt Class #3

10:15 am **A** Group A – Stunt Class #3
C/A Group B – Game Day Practice & Drills for Skills

11:15 am **B** All-American Set Up / Material Review

11:30 am *Lunch*

1:15 pm **S** Coaches' Stunt Workshop #2

1:30 pm **E** Group A – Camp Routine Private Coaching
L/A Group B – Team Unity & Motion Technique Class – **NEW!** / Team UCA

2:15 pm **L/A** Group A – Team Unity & Motion Technique Class – **NEW!** / Team UCA
E Group B – Camp Routine Private Coaching

3:00 pm **C** Game Day Private Coaching

3:30 pm Team Time w/ Team Leader

4:00 pm **B** All-American Tryouts

4:30 pm *Dinner*

6:15 pm **E** Camp Routine Evaluations
Electives*

6:45 pm Gatorade Break

7:45 pm **R** *Spirit Night!*

8:15 pm **B** Squad Credentialing / Daily Awards & Pin It Forward
Final Coaches' Q&A

DAY FOUR

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 **C** Game Day Championships

11:00 am Squad Credentialing Presentation

11:15 am **B** Final Awards & Pin It Forward

Elective Classes

- Timeout Dance
- Stunt Transitions
- Additional Material
- Basket Toss Class
- Open Workshop

