



# 2023 4-Day Masters Camp Schedule



## DAY ONE

9:00 am - 12:00 pm *Registration*

12:00 pm Opening Staff Demo & Meet your Team Leader!

12:30 pm R/C Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer & Coaches' Meeting #1

1:00 pm E Camp Dance

1:30 pm S Safety Awareness w/ Team Leader

1:45 pm A Stunt Class #1

3:15 pm S/A Stunt Troubleshooting Class – **NEW!**

3:45 pm A Group A – Pyramid Class  
C Group B – Private Coaching: All-American Cheer or Cheer from Home!

4:30 pm *Dinner*

6:15 pm C Group A – Private Coaching: All-American Cheer or Cheer from Home!  
A Group B – Pyramid Class

7:00 pm A Stunt Class #2

8:00 pm Masters Challenges

8:15 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 #3  
A/L Group B – Stretching, Flexibility & Jump Class & Team UCA

10:15 am A/L Group A – Stretching, Flexibility & Jump Class & Team UCA  
A Group B – Stunt Class #3

11:00 am E Cheer Evaluations

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 – FNL Frenzy & Sideline Stunts  
A Group B – Stunt Sequence #1 Private Coaching

3:00 pm A Group A – Stunt Sequence #1 Private Coaching

R/C Group B – FNL Frenzy & Sideline Stunts Electives\*

3:45 pm *Dinner*

6:15 pm E Stunt Sequence Evaluations

6:45 pm A Group A – Personalized Pyramids  
L/B Group B – Squad Leadership Training & St. Jude

7:30 pm L/B Group A – Squad Leadership Training & St. Jude  
Group B – Personalized Pyramids

8:15 pm A Jump Off & Masters Challenges

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

## DAY THREE

*Breakfast*

8:30 am A Team Leader Check-In / Warmup / Drills for Skills & Coaches' Meeting #3

9:15 am A/L Group A – Jump & Tumble Critique – **NEW!** / Skills & Props  
A Group B – Stunt Class #4

10:15 am A Group A – Stunt Class #4  
A/L Group B – Jump & Tumble Critique – **NEW!** / Skills & Props

11:15 am 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

2:30 pm L/A Group A – Team Unity & Motion Technique Class – **NEW!** & Team UCA  
E Group B – Camp Routine Private Coaching

3:30 pm A/C Stunt Timing & Technique OR Game Day Competition Critique w/ Team Leader – **NEW!**

4:00 pm B All-American Tryouts

4:30 pm *Dinner*

6:15 pm E Camp Routine Evaluations  
Electives\*

6:45 pm Gatorade Break

7:30 pm R *Spirit Night!*

7:45 pm R Squad Credentialing / Daily Awards & Pin It Forward

8:15 pm B *Final Coaches' Q&A*

## DAY FOUR

*Breakfast*

8:30 am Optional: Open Practice

9:00 am Team Time w/ Team Leader

9:30 am C Cheer/Home Chants

10:15 am E Stunt Sequence

10:45 am E Camp Routine

11:15 am Squad Credentialing Presentation

11:20 am Masters Challenges

11:25 am Senior Recognition Ceremony – **NEW!**

11:30 am B Final Awards & Pin It Forward

### Elective Classes

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

