



2023 4-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	S/A Stunt Troubleshooting Class – NEW!
4:30 pm	Dinner
6:15 pm	L Group A – Team UCA & Material Review
	C Group B – Private Coaching: All-American Cheer or Cheer from Home!
7:00 pm	C Group A – Private Coaching: All-American Cheer or Cheer from Home!
	L Group B – Team UCA & Material Review
7:45 pm	A Pyramid Class w/ Team Leader
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 & Team UCA
10:15 am	A/L Group A – Stretching, Flexibility & Jump Class & Team UCA
	A Group B – Stunt Class #2
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
3:45 pm	Electives*
4:30 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
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 – Jumps, Combos & Critique – NEW! / Skills & Props / Team UCA
	A Group B – Stunt Class #3
10:15 am	A Group A – Stunt Class #3
	A/L Group B – Jumps, Combos & Critique – NEW! / Skills & Props / Team UCA
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!
2:30 pm	L/A Group A – Team Unity & Motion Technique Class – NEW!
	E Group B – Camp Routine Private Coaching
3:30 pm	A Stunt Timing & Technique – NEW!
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
7:30 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	C Cheer/Home Chant Championship
10:15 am	E Stunt Sequence Championship
11:00 am	E Camp Routine Championship
11:15 am	Senior Recognition Ceremony – NEW!
11:30 am	B Final Awards & Pin It Forward

Elective Classes

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

