



# 2023 4-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: 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

6:45 pm Electives\*

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 E Camp Routine Championship

10:15 am C Game Day Championships

11:00 am Squad Credentialing Presentation

11:15 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

