



2024 Traditional Overnight Camp

4-Day Sample Schedule

DAY 1

9 am - 12 pm *Registration*

12:30 pm Coaches' Quick Meet! – **NEW!**

1:00 pm Opening Staff Demo & Meet your Team Leader!

1:30 pm Safety Awareness & Stunt Qualification w/ Team Leader

1:45 pm Spotting Seminar

2:00 pm **Group A** – Motion & Spirit Prop Workshop / Game Day Class: Situational Sidelines / Camp Dance & **Coaches' Meeting #1**

Group B – Stunt Class #1

Switch Groups

3:00 pm **Group A** – Situational Sideline Private Coaching

4:00 pm **Group B** – Motion Technique Class & Team UCA

4:30 pm *Dinner*

6:15 pm **Group A** – Motion Technique Class & Team UCA

Group B – Situational Sideline Private Coaching

6:45 pm Pyramid Class #1

7:45 pm Game Day Class: Crowd Leading

8:15 pm Stunt Troubleshooting Class

8:45 – 9 pm Team Leader Meetings & Daily Awards *New Coaches' Q/A*

DAY 2

Breakfast

8:30 am Team Leader Check-In / Warmup / Game Day Class: Band Chant / Material Review & **Coaches' Meeting #2**

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

9:30 am **Group A** – Band Chant Setup / Review / Team UCA & St. Jude

Group B – Stunt Class #2

10:30 am **Switch Groups**

11:30 am *Lunch*

1:00 pm Captains' Leadership Training & Coaches' Stunt Workshop #1

1:15 pm Pyramid Class #2

2:15 pm **Group A** – Crowd Leading Private Coaching

Group B – Squad Leadership Training & Game Day Jams – **NEW!**

3:15 pm **Switch Groups**

4:15 pm Sideline Stunts

4:30 pm *Dinner*

6:15 pm Situational Sideline & Crowd Leading Evaluations

6:45 pm **Group A** – Stretching, Flexibility & Jump Class & Material Review

Group B – Pyramid Private Coaching

7:30 pm **Switch Groups**

8:15 pm Jump Off

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

DAY 3

Breakfast

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

9:00 am Senior Social – **NEW!**

9:15 am **Group A** – Stunt Class #3

Group B – Team UCA & FNL Frenzy!

Switch Groups

10:15 am Coaches' Stunt Workshop #2

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

11:30 am *Lunch*

1:15 pm **Group A** – Team Unity & Spirit Practice

Group B – Camp Routine Private Coaching

Switch Groups

2:15 pm Electives*

3:15 pm All-American Tryouts

4:00 pm

4:30 pm *Dinner*

6:15 pm Camp Routine Evaluations

6:45 pm **Group A** – Spirit Private Coaching

Group B – Drills for Skills

Switch Groups

7:15 pm Gatorade Break

7:45 pm *Spirit Night!*

8:00 pm Squad Credentialing / Daily Awards & Pin It Forward

8:30 pm *Final Coaches' Q&A*

DAY 4

Breakfast

8:30 am Optional Open Practice

9:00 am Team Time w/ Team Leader

9:30 am Camp Routine Championship

10:15 am Spirit Championship

- *Band Chant*
- *Situational Sideline*
- *Crowd Leading*

11:00 am Squad Credentialing Presentation

11:15 am Senior Recognition Ceremony

11:30 am Final Awards & Pin It Forward

Elective Classes*

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

