



2025 2-Day Stunt Home Camp

CAMP LOCATION & CAMP DATES

Day 1			Day 2		
11:45a		Registration	9:00a	L	Energizer / Warmup & Team UCA
12:00p		Introductions / Energizer & Squad Credentialing (Roadmap)!	9:30a	A	Stunt Class #2
12:15p	C	Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer	10:30a	A	Stretching, Flexibility & Jump Class
12:45p	S	Safety Awareness & Spotting Seminar	10:45a	A	Pyramid Class #2
1:00p	A	Stunt Class #1	11:30a	B/A	All-American Tryouts & Jump Off
2:15p	E	Camp Dance	11:45a	E/R	Sideline Stunts or Game Day Jams!
3:00p		Break	12:00p		Lunch
3:15p	A	Stunt Sequence Private Coaching	1:00p	L	Captain's Leadership Training
4:15p	E	Stunt Sequence Evaluations	1:15p	E	Camp Routine Private Coaching
4:30p	L	Squad Leadership Training & Team UCA	2:15p	E	Camp Routine Evaluations
4:45p	A	Pyramid Class #1	2:30p	L/A	Team Unity & Drills for Skills
5:30p	L	Material Review / Coaches' & Captain's Goal Setting	3:00p	R	FNL Frenzy - <i>on your home football field or basketball court!</i>
5:45p	B	St. Jude	3:30p	E	Camp Showcase
6:00p		Daily Awards	3:45p		Squad Credentialing Presentation
			4:00p	B	Senior Recognition Ceremony / Final Awards & Pin it Forward