

2025 3-Day Camp

CAMP LOCATION & CAMP DATES



Day 1			Day 2			Day 3		
8:45 - 9:00a		Registration	9:00a		Team Leader Check-in/ Warmup/ Material Review / Stretching, Flexibility & Jump Class & <i>Coaches' Meeting #2</i>	9:00a		Team Leader Check-in / Team UCA & Material Review
9:00a		Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!	9:30a		Coaches' & Captain's Goal Setting	9:30a		Stunt Class #3
9:15a	C/E	Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Camp Dance & <i>Coaches' Meeting #1</i>	9:45a	A	Stunt Class #2	10:15a	E	Group A: Camp Routine Private Coaching
10:15a	S	Safety Awareness & Stunt Qualification w/ Team Leader	10:30a	L/R	Group A: Team UCA & FNL Frenzy w/ Game Day Jams!		L/E	Group B: Team Unity & Sideline Stunts
10:30a	S/A	Spotting Seminar & Stunt Class #1		C	Group B: Cheer Private Coaching	11:00a		Switch Groups
			11:15a		Switch Groups	11:45a	B	All-American Tryouts
12:00p		Lunch	12:00p		Lunch	12:00p		Lunch
1:00p	L	Senior Social						
1:15p	C	Group A: Sideline Private Coaching	1:00p	S/L	Coaches' Stunt Workshop & Captain's Leadership Training	1:15p		Team Time w/ Team Leader
	A/L	Group B: Motion Technique Class & Team UCA	1:15p	C/E	Sideline & Cheer Evaluations	2:00p	E	Camp Routine Evaluations
1:45p		Switch Groups	1:45p	A	Group A: Pyramid Private Coaching	2:30p		Gatorade Break
2:15p	A	Pyramid Class #1		E	Group B: Dance Class*	2:45p	E	Camp Routine Championship
3:00p	C	Game Day Class: Cheers	2:30p		Switch Groups	3:15p	C/E	Sideline & Cheer Championship
3:30p	S	Stunt Troubleshooting Class	3:15p	A	Jump Off	3:45p		Squad Credentialing Presentation
4:00p	B	St. Jude / Team Leader Meetings & Daily Awards	3:30p	R	<i>Spirit Night!</i>	3:50p		Senior Recognition Ceremony
		<i>New Coaches' Q/A</i>	4:00p	B	Team Leader Meetings / Daily Awards & Pin it Forward	4:00p	B	Final Awards & Pin it Forward

- Dance Class Options***
- Timeout Dance
 - Hip Hop Dance
 - Sideline Dances