



# 2025 3-Day Stunt Home Camp

## CAMP LOCATION & CAMP DATES

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

### Dance Class Options\*

- Timeout Dance
- Hip Hop Dance
- Fight Song
- Fight Song Critique
- Band Chant