



2025 3-Day Stunt Camp (A/B)

CAMP LOCATION & CAMP DATES

Day 1

9:00a - 12:00p	Registration
12:30p	Coaches' Quick Meet!
1:00p	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)! Safety Awareness & Stunt Qualification w/ Team Leader
1:45p	Spotting Seminar
2:00p	Group A: Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer / Camp Dance & <i>Coaches' Meeting #1</i> Group B: Stunt Class #1
3:00p	Switch Groups
4:00p	Stunt Troubleshooting Class
4:30p	<i>Dinner</i>
6:00p	Senior Social
6:15p	Group A: Stunt Sequence Private Coaching Group B: Drills for Skills & Team UCA
7:00p	Switch Groups
7:45p	Pyramid Class #1
8:30p	Team Leader Meetings & Daily Awards <i>New Coaches' Q/A</i>

Day 2

	<i>Breakfast</i>
8:30a	Team Leader Check-in/ Warmup/ Material Review / Stretching, Flexibility & Jump Class & <i>Coaches' Meeting #2</i>
9:00a	Coaches' & Captain's Goal Setting
9:15a	Group A: Stunt Class #2
10:00a	Group B: Squad Leadership Training & Team UCA Switch Groups
10:45a	Stunt Sequence Evaluations
11:15a	St. Jude
11:30a	<i>Lunch</i>
1:15p	Coaches' Stunt Workshop & Captain's Leadership Training
1:45p	Pyramid Private Coaching
2:45p	Group A: Team Unity & Sideline Stunts Group B: Camp Routine Private Coaching
3:30p	Switch Groups
4:15p	Jump Off
4:30p	<i>Dinner</i>
6:15p	Camp Routine Evaluations
6:45p	All-American Tryouts
7:15p	Electives*
7:45p	Gatorade Break & Team Leader Meetings
8:00p	<i>Spirit Night!</i>
8:30p	Daily Awards & Pin it Forward
	<i>Final Coaches' Q/A</i>

Day 3

	<i>Breakfast</i>
8:30a	Optional Open Practice
9:00a	Team Time w/ Team Leader
9:30a	Stunt Sequence Championship
10:15a	Camp Routine Championship
11:00a	Squad Credentialing Presentation
11:15a	Senior Recognition Ceremony
11:30a	Final Awards & Pin it Forward

Camp Information
HCM:
HI:
Location:
Dining:
Camp Store:

- Elective Classes***
- Timeout Dance
 - Hip Hop Dance
 - Stunt Transitions
 - Tumbling Critique
 - Additional Material
 - Basket Toss Class
 - Open Workshop