

2025 4-Day Non-Building Overnight Camp (A/B)



CAMP LOCATION & CAMP DATES

Day 1		Day 2		Day 3		Day 4	
9a-12p	Registration		Breakfast		Breakfast		Breakfast
12:30p	Coaches' Quick Meet!	8:30a	Team Leader Check-in / Warmup / Game Day Class: Band Chant / Material Review & Coaches' Meeting #2	8:30a	Team Leader Check-in / Warmup / Game Day Class: Sideline Dances & Coaches' Meeting #3	8:30a	Optional Open Practice
1:00p	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!	9:15a	Coaches' & Captain's Goal Setting	9:15a	Senior Social	9:00a	Team Time w/ Team Leader
1:30p	Safety Awareness w/ Team Leader	9:30a	Group A: Band Chant Setup / Review & Jump Combos Group B: Cheer Private Coaching	9:30a	Group A: Jump/Tumble Section Private Coaching Group B: Team UCA & Spirit Practice	9:30a	Camp Routine Championship
1:45p	Group A: Motion & Spirit Prop Workshop, Game Day Class: Sidelines. Group B: Skills & Props / Stretching, Flexibility & Jump Class	10:30a	Switch Groups	10:15a	Switch Groups	10:15a	Spirit Championship
2:45p	Switch Groups	11:30a	Lunch	11:00a	Drills for Skills	11:00a	Squad Credentialing Presentation
3:45p	Group A: Sideline Private Coaching Group B: Motion Technique Class & Team UCA	1:15p	Captain's Leadership Training	11:15a	All-American Setup & Material Review	11:15a	Senior Recognition Ceremony
4:30p	Dinner	1:30p	Sideline & Cheer Evaluations	11:30a	Lunch	11:30a	Final Awards & Pin it Forward
6:15p	Switch Groups	2:00p	Group A: Squad Leadership Training & Team UCA Group B: Tumbling Critique & Camp Routine Private	1:45p	Group A: FNL Frenzy w/ Game Day Jams! Group B: Camp Routine Private Coaching		
7:00p	Game Day Class: Cheers	2:45p	Switch Groups	2:45p	Switch Groups		
7:45p	St. Jude	3:30p	Timeout Dance	3:45p	Team Unity		
8:00p	Material Review	4:15p	Jump Off	4:00p	All-American Tryouts		
8:30p	Team Leader Meetings & Daily Awards New Coaches' Q/A	4:30p	Dinner	4:30p	Dinner		
		6:15p	Electives*	6:15p	Camp Routine Evaluations		
		7:00p	Sideline Skills	6:45p	Group A: Spirit Private Coaching Group B: Material Review		
		7:30p	Team Time w/ Team Leader	7:15p	Switch Groups		
		8:00p	Material Review	7:45p	Gatorade Break & Team Leader Meetings		
		8:30p	Team Leader Meetings & Daily Awards	8:00p	Spirit Night!		
				8:30p	Daily Awards & Pin it Forward Final Coaches' Q/A		

Camp Information

HCM:

HI:

Location:

Dining:

Camp Store:

Electives*

- Hip Hop Dance

- Fight Song

- Fight Song Critique

- Additional Material