



Day 1

2026 1-Day Youth Camp

CAMP LOCATION & CAMP DATES

8:45a		Registration
9:00a		Staff Introductions / Energizer
9:15a	C	Motion & Spirit Prop Workshop / Game Day Class: Youth Cheer
10:00a	S	Safety Awareness & Spotting Seminar
10:15a	A	Stunt Class
11:00a	A	Pyramid Class
11:45a	L	Team UCA*
12:00p		Lunch
1:00p	C	Youth Cheer Private Coaching
1:45p	A	Stretching, Flexibility, Jumps & Kicks Workshop
2:00p	E	Youth Dance Class
2:30p	A	Jump Off
2:45p	E	Camp Showcase
3:00p		Awards & Break

**Coaches' Skills Workshop may be available to add depending on your Youth Camp. Talk to your State Director for more information!*





Day 1

2026 1-Day Stunt Home Camp

CAMP LOCATION & CAMP DATES

11:45a		Registration
12:00p		Staff Introductions / Energizer
12:15p	S	Safety Awareness & Spotting Seminar
12:30p	A	Stunt & Troubleshooting #1
1:45p	A	Pyramid Class
2:45p	L/B	Team UCA & St. Jude
3:00p		<i>Break</i>
3:15p	A	Stunt & Troubleshooting Class #2
4:15p	E	Sideline Stunts
4:30p	A	Pyramid Private Coaching
5:30p	A	Stunt Off
5:45p	E	Stunt & Pyramid Showcase
6:00p		Awards & Break

SAMPLE SCHEDULE





Day 1

2026 1-Day AM Stunt Home Camp

CAMP LOCATION & CAMP DATES

8:45a		Registration
9:00a		Staff Introductions / Energizer
9:15a	S	Safety Awareness & Spotting Seminar
9:30a	A	Stunt & Troubleshooting Class #1
10:45a	A	Pyramid Class
11:45a	L/B	Team UCA & St. Jude
12:00p		<i>Break</i>
1:00p	A	Stunt & Troubleshooting Class #2
2:15p	E	Sideline Stunts
2:30p	A	Pyramid Private Coaching
3:30p	A	Stunt Off
3:45p	E	Stunt & Pyramid Showcase
4:00p		Awards & Break





Day 1

2026 1-Day AM BYO Home Camp

CAMP LOCATION & CAMP DATES

8:45a		Registration
9:00a		Staff Introductions / Energizer
9:15a	C	Motion & Spirit Prop Workshop / Game Day Class: Cheers
9:45a	S	Safety Awareness & Spotting Seminar
10:00a	A	Stunt & Pyramid Class
11:15a	E	Camp Dance
12:00p		<i>Break</i>
1:00p	A	Stretching, Flexibility & Jump Class
1:15p	C	Cheer Private Coaching
2:15p	C/E	Cheer Evaluation
2:30p	L	Squad Leadership Training & Team UCA
2:45p	B	Material Review & St. Jude
3:00p	A	Jump Off
3:15p	E	Sideline Stunts
3:30p	E	Camp Showcase
4:00p		Awards & Break





Day 1

2026 1-Day BYO Home Camp

CAMP LOCATION & CAMP DATES

11:45a		Registration
12:00p		Staff Introductions / Energizer
12:15p	C	Motion & Spirit Prop Workshop / Game Day Class: Cheers
12:45p	S	Safety Awareness & Spotting Seminar
1:00p	A	Stunt & Pyramid Class
2:15p	E	Camp Dance
3:00p		<i>Break</i>
3:15p	A	Stretching, Flexibility & Jump Class
3:30p	C	Cheer Private Coaching
4:30p	C/E	Cheer Evaluation
4:45p	L	Squad Leadership Training & Team UCA
5:00p	B	Material Review & St. Jude
5:15p	A	Jump Off
5:30p	E	Sideline Stunts
5:45p	E	Camp Showcase
6:00p		Awards & Break





BY VARSITY SPIRIT

2026 1-Day Basketball Focused Home Camp

CAMP LOCATION & CAMP DATES

Day 1

11:45a		Registration
12:00p		Staff Introductions / Energizer
12:15p	C	Motion & Spirit Prop Workshop / Game Day Class: <i>Basketball Sidelines</i>
12:45p	S	Safety Awareness/Spotting Seminar & NFHS Basketball Rules
1:00p	A	Stunt & Troubleshooting Class
2:15p	R	FNL Frenzy - <i>on your own court!</i>
3:00p		<i>Break</i>
3:15p	A	Stretching, Flexibility & Jump Class
3:30p	E	Basketball Sideline Dances
4:00p	A	Pyramid Class
4:45p	E	Timeout Practice (60 seconds) <i>*Done to the music of your choice!</i>
5:30p		Material Review
5:45p	E	Camp Showcase
6:00p		Awards & Break





6 Hours

- S Safety Awareness & Spotting Seminar
- A Stunt & Troubleshooting Classes - 2
- A Pyramid Classes - 2
- A Drills for Skills
- L Team UCA
- E Sideline Stunts
- A Stunt Off
- E Stunt & Pyramid Showcase

4 Hours

- S Safety Awareness & Spotting Seminar
- A Stunt & Troubleshooting Classes - 2
- A Pyramid Classes - 1
- L Team UCA
- E Stunt & Pyramid Showcase

3 Hours

- S Safety Awareness & Spotting Seminar
- A Stunt & Troubleshooting Classes - 1
- A Pyramid Classes - 1
- L Team UCA
- E Stunt & Pyramid Showcase





Day 1

2026 1-Day Stunt Clinic (6 hours)

CAMP LOCATION & CAMP DATES

11:45a		Registration
12:00p		Staff Introductions / Energizer
12:15p	S	Safety Awareness & Spotting Seminar
12:30p	A	Stunt & Troubleshooting Class #1
1:45p	L	Team UCA
2:00p	A	Stunt & Troubleshooting Class #2
3:15p	A	Pyramid Class #1
4:15p		<i>Break</i>
4:30p	A	Drills for Skills
4:45p	A	Pyramid Class #2
5:30p	E	Sideline Stunts
5:45p	A	Stunt Off
6:00p	E	Stunt & Pyramid Showcase





Day 1

2026 1-Day Stunt Clinic (4 hours)

CAMP LOCATION & CAMP DATES

11:45a		Registration
12:00p		Staff Introductions / Energizer
12:15p	S	Safety Awareness & Spotting Seminar
12:30p	A	Stunt & Troubleshooting Class #1
1:30p	L	Team UCA
1:45p	A	Stunt & Troubleshooting Class #2
2:30p		<i>Break</i>
2:45p	A	Pyramid Class
3:45p	E	Stunt & Pyramid Showcase
4:00p		Awards & Break

SAMPLE SCHEDULE





Day 1

2026 1-Day Stunt Clinic (3 hours)

CAMP LOCATION & CAMP DATES

11:45a		Registration
12:00p		Staff Introductions / Energizer
12:15p	S	Safety Awareness & Spotting Seminar
12:30p	A	Stunt & Troubleshooting Class
1:30p	L	Team UCA
1:45p	A	Pyramid Class
2:45p	E	Stunt & Pyramid Showcase
3:00p		Awards & Break

SAMPLE SCHEDULE





Day 1

2026 1-Day Game Day Focused Camp

CAMP LOCATION & CAMP DATES

9:45a		Registration
10:00a		Staff Introductions / Energizer
10:15a	C	Motion & Spirit Prop Workshop / Material Review
10:45a	S	Safety Awareness / Spotting Seminar & Skill Warmup
11:00a	C	Group 1: Situational Sideline Practice
	A	Group 2: Stretching, Flexibility & Jump Class
	C/A	Group 3: Skills & Props Class
11:30a		ROTATE 1
12:00p		ROTATE 2
12:30p		<i>Lunch</i>
1:30p	C	Cheer Private Coaching
2:15p	C	Band Chant Private Coaching
3:00p	R	Fight Song Private Coaching
3:45p		Putting it All Together!

