



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

