



BY VARSITY SPIRIT

# 2026 2-Day Day Camp (A/B)

CAMP LOCATION & CAMP DATES



Day 1			Day 2		
8:45a		Registration	9:00a	A/L	Team Leader Check-in / Warmup / Material Review / Team UCA & Coaches Meeting #2
9:00a		Opening Staff Demo, Meet Your Team Leader & Squad Credentialing (Roadmap)!	9:45a	L	Senior Social
9:15a	S	Safety Awareness / Stunt Qualification w/ Team Leader & Spotting Seminar	10:00a	A/R	<b>Group A</b> - Stretching, Flexibility, Jump Class & FNL Frenzy w/ Game Day Jams!
9:30a	C/E	<b>Group A</b> - Motion & Spirit Prop Workshop / Game Day Class: Cheers / Camp Dance & Coaches' Meeting #1		A	<b>Group B</b> - Stunt & Troubleshooting Class #2
	A	<b>Group B</b> - Stunt & Troubleshooting Class #1	10:45a		<b>Switch Groups</b>
10:40a		Switch Groups	11:30a	B	All-American Tryouts
11:50a	B	St. Jude	12:00p		Lunch
12:00p		Lunch	1:00p	L/S	Captain's Leadership Training & Coaches' Stunt Workshop
1:00p	L	Team UCA & Squad Credentialing	1:15p	A	Custom Skills 1:1 Private Coaching - <b>NEW!</b>
1:15p	C	<b>Group A</b> - Cheer Private Coaching	2:00p	E	<b>Group A</b> - Camp Routine Private Coaching
	A/L	<b>Group B</b> - Motion Technique Class & Team UCA		L	<b>Group B</b> - Squad Leadership Training & Team Unity
2:00p		<b>Switch Groups</b>	2:45p		<b>Switch Groups</b>
2:45p	C/E	Cheer Evaluations	3:30p	E	Camp Routine Evaluations
3:00p	A	Pyramid Class	3:45p	E	Camp Routine Championship
3:45p	L	Material Review / Coaches & Captain's Goal Setting		C/E	Cheer Championship
4:00p		Team Leader Meetings & Daily Awards New Coaches' Q/A	4:00p		Squad Credentialing Presentation & Material Showcase - <b>NEW!</b> Senior Recognition Ceremony
				B	Final Awards & Pin it Forward