



2026 2-Day Stunt Home Camp

CAMP LOCATION & CAMP DATES



Day 1		Day 2	
11:45a	Registration	9:00a	L Energizer / Warmup / Team UCA & Squad Credentialing
12:00p	Introductions / Energizer & Squad Credentialing (Roadmap)!	9:30a	A Stunt Sequence Evaluations
12:15p	C Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer	9:45a	A Stunt & Troubleshooting Class #3
12:45p	S Safety Awareness & Spotting Seminar	10:30a	A Pyramid Class #1
1:00p	A Stunt & Troubleshooting Class #1	11:30a	A Stretching, Flexibility & Jump Class
2:15p	E Camp Dance	11:45a	B/A All-American Tryouts & Jump Off
3:00p	Break	12:00p	Lunch
3:15p	A Stunt & Troubleshooting Class #2	1:00p	L Captain's Leadership Training
4:15p	E Stunt Sequence Private Coaching	1:15p	A Pyramid Private Coaching
5:00p	L Squad Leadership Training / Team UCA & Squad Credentialing	2:00p	E Camp Routine Private Coaching
5:30p	L Material Review / Coaches' & Captain's Goal Setting	2:45p	E Camp Routine Evaluations
5:45p	B St. Jude	3:00p	L Team Unity
6:00p	Daily Awards	3:15p	R FNL Frenzy - <i>on your football or basketball court!</i>
		3:45p	E Squad Credentialing Presentation & Material Showcase - NEW!
		4:00p	B Senior Recognition Ceremony / Final Awards & Pin it Forward