



BY VARSITY SPIRIT

2026 2-Day Youth Camp

CAMP LOCATION & CAMP DATES



Day 1			Day 2		
8:45-		Registration	9:00a		Energizer / Warmup & Material Review
9:00a			9:15a	C	Game Day Class: Youth Sidelines
9:00a		Introductions / Energizer & Warmup	9:45a	A	Stunts & Pyramids
9:15a	C	Motion & Spirit Prop Workshop / Game Day Class: Youth Cheer	10:45a	R	FNL Frenzy w/ Game Day Jams!
10:00a	S	Safety Awareness & Spotting Seminar	11:45a	A	Motion Technique Class
10:15a	A	Stunt & Troubleshooting Class #1	12:00p		Lunch
11:00a	E	Youth Dance Class	1:00p	L	Team Unity & Material Review
11:45a	L	Team UCA	1:45p	E	Youth Camp Routine Private Coaching
12:00p		Lunch	2:30p	A	Jump Off
1:00p		Energizer	2:45p	E	Camp Showcase
1:15p	A	Stretching, Flexibility, Jumps & Kicks Workshop / Material Review	3:00p		Final Awards
2:00p	C	Youth Cheer Private Coaching			
2:45p		Material Review			
3:00p		Daily Awards			

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