



BY VARSITY SPIRIT

2026 3-Day Day Camp

CAMP LOCATION & CAMP DATES



Day 1		Day 2		Day 3	
8:45 - 9:00a	Registration	9:00a	A Team Leader Check-in/ Warmup/ Material Review / Stretching, Flexibility & Jump Class & <i>Coaches' Meeting #2</i>	9:00a	L Team Leader Check-in / Team UCA / Squad Credentialing & Material Review
9:00a	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!	9:30a	L <i>Coaches' & Captain's Goal Setting</i>	9:30a	A Stunt & Troubleshooting Class #3
9:15a	C/E Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Camp Dance & <i>Coaches' Meeting #1</i>	9:45a	A Stunt & Troubleshooting Class #2	10:15a	E Group A: Camp Routine Private Coaching
10:15a	S Safety Awareness & Stunt Qualification w/ Team Leader	10:30a	L/R Group A: Team UCA & FNL Frenzy w/ Game Day Jams!	L/E	Group B: Team Unity & Sideline Stunts
10:30a	S/A Spotting Seminar & Stunt Class #1		C Group B: Cheer Private Coaching	11:00a	Switch Groups
11:45a	B St. Jude	11:15a	Switch Groups	11:45a	B All-American Tryouts
12:00p	Lunch	12:00p	Lunch	12:00p	Lunch
1:00p	L Senior Social	1:00p	S/L <i>Coaches' Stunt Workshop & Captain's Leadership Training</i>	1:15p	Team Time w/ Team Leader
1:15p	C Group A: Sideline Private Coaching	1:15p	C/E Sideline & Cheer Evaluations	2:00p	E Camp Routine Evaluations
	A Group B: Motion Technique Class	1:45p	A Group A: Custom Skills 1:1 Private Coaching - NEW!	2:30p	Gatorade Break
1:45p	Switch Groups		E Group B: Squad Credentialing & Dance Class*	2:45p	E Camp Routine Championship
2:15p	A Pyramid Class #1	2:30p	Switch Groups	3:15p	C/E Sideline & Cheer Championship
3:00p	C Game Day Class: Cheers	3:15p	A Jump Off	3:45p	E Squad Credentialing Presentation & Material Showcase - NEW!
3:30p	L Team UCA & Squad Credentialing	3:30p	R <i>Spirit Night!</i>	3:55p	Senior Recognition Ceremony
4:00p	B Team Leader Meetings & Daily Awards	4:00p	B Team Leader Meetings / Daily Awards & Pin it Forward	4:00p	B Final Awards & Pin it Forward
	<i>New Coaches' Q/A</i>				

Dance Class Options*
 - Timeout Dance
 - Hip Hop Dance
 - Sideline Dances