

2026 3-Day Junior High Overnight Camp



CAMP LOCATION & CAMP DATES



Day 1

Day 2

Day 3

9:00a - 12:00p	Registration				<i>Breakfast</i>		<i>Breakfast</i>
1:00p	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!	8:30a	A	Team Leader Check-in/ Warmup/ Material Review / Stretching, Flexibility & Jump Class & <i>Coaches' Meeting #2</i>	8:30a		Optional Open Practice
1:30p	C/E Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Camp Dance & <i>Coaches' Meeting #1</i>	9:00a	L	Coaches' & Captain's Goal Setting	9:00a		Team Time w/ Team Leader
2:30p	S Safety Awareness & Stunt Qualification w/ Team Leader	9:15a	A	Stunt & Troubleshooting Class #2	9:30a	E	Camp Routine Championship
2:45p	S/A Spotting Seminar / Stunt & Troubleshooting Class #1	10:00a	L/R	Group A: Team UCA & FNL Frenzy w/ Game Day Jams! & <i>Coaches' Optional Roundtable</i>	10:15a	C/E	Sideline & Cheer Championship
4:00p	C Group A: Sideline Private Coaching		C	Group B: Cheer Private Coaching	11:00a	E	Squad Credentialing Presentation & Material Showcase - NEW!
	A Group B: Motion Technique Class & Squad Credentialing	10:45a		Switch Groups	11:30a	B	Final Awards & Pin it Forward
4:30p	Switch Groups	11:30a		<i>Lunch</i>			
5:00p	<i>Dinner</i>	1:00p	S/L	Coaches' Stunt Workshop & Captain's Leadership Training			
6:45p	Pyramid Class #1	1:15p	C/E	Sideline & Cheer Evaluations			
7:45p	C Game Day Class: Cheers	1:45p	L	Group A: Squad Leadership Training & Squad Credentialing			
8:30p	Team Leader Meetings & Daily Awards		A	Group B: Custom Skills 1:1 Private Coaching - NEW!			
	<i>New Coaches' Q/A</i>	2:15p		Switch Groups			
		2:45p	L/B	Group A: Team Unity & St. Jude			
			E	Group B: Camp Routine Private Coaching			
		3:30p		Switch Groups			
		4:15p		Gatorade Break			
		4:30p	B	All-American Tryouts			
		5:00p		<i>Dinner</i>			
		6:45p		Team Time w/ Team Leader			
		7:15p	E	Camp Routine Evaluations			
		7:45p	A	Jump Off			
		8:00p	R	<i>Spirit Night!</i>			
		8:30p	B	Daily Awards & Pin it Forward			
				<i>Final Coaches' Q/A</i>			

Camp Information

HCM:
HI:
Location:
Dining:
Camp Store: