



# 2026 3-Day Junior High Overnight Camp

CAMP LOCATION & CAMP DATES



Day 1			Day 2			Day 3		
9:00a - 12:00p		Registration			Breakfast			Breakfast
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 & Coaches' Meeting #2	8:30a		Optional Open Practice
1:30p	C/E	Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Camp Dance & Coaches' Meeting #1	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! & Coaches' Optional Roundtable	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 - <b>NEW!</b>
	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		Lunch			
5:00p		Dinner	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 - <b>NEW!</b>			
		New Coaches' Q/A	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		Dinner			
			6:45p		Team Time w/ Team Leader			
			7:15p	E	Camp Routine Evaluations			
			7:45p	A	Jump Off			
			8:00p	R	Spirit Night!			
			8:30p	B	Daily Awards & Pin it Forward			
					Final Coaches' Q/A			

Camp Information

HCM:

HI:

Location:

Dining:

Camp Store: