



2026 3-Day Stunt Home Camp

CAMP LOCATION & CAMP DATES



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

Dance Class Options*

- Timeout Dance
- Hip Hop Dance
- Fight Song
- Fight Song Critique
- Band Chant