



BY VARSITY SPIRIT

2026 3-Day Stunt Camp (A/B)

CAMP LOCATION & CAMP DATES



Day 1

Day 2

Day 3

9:00a - 12:00p	Registration						
1:00p	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!	8:30a	A	<i>Breakfast</i>	8:30a	<i>Breakfast</i>	
1:30p	S Safety Awareness & Stunt Qualification w/ Team Leader	9:00a	L	Team Leader Check-in/ Warmup/ Material Review / Stretching, Flexibility & Jump Class & Coaches' Meeting #2	9:00a	Optional Open Practice	
1:45p	C/E Group A: Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer/ Camp Dance & Coaches' Meeting #1	9:15a	A	Coaches' & Captain's Goal Setting	9:30a	Stunt Sequence Championship	
	S/A Group B: Spotting Seminar & Stunt & Troubleshooting Class #1	10:30a	L	Stunt & Troubleshooting Class #2	10:15a	Camp Routine Championship	
2:45p	Switch Groups	11:00a	E	Squad Leadership Training & Team UCA	11:00a	E	Squad Credentialing Presentation & Material Showcase - NEW!
3:45p	A Drills for Skills & Squad Credentialing	11:30a		<i>Lunch</i>	11:15a		Senior Recognition Ceremony
4:00p	A Pyramid Class #1	1:00p	S/L	Coaches' Stunt Workshop & Captain's Leadership Training	11:30a	B	Final Awards & Pin it Forward
5:00p	<i>Dinner</i>	1:15p	A	Custom 1:1 Skills Private Coaching - NEW!			
6:45p	L Senior Social	2:15p	L	Group A: Team Unity / Team UCA / Squad Credentialing & Coaches' Optional Roundtable			
7:00p	A Group A: Stunt Sequence Private Coaching	3:00p	E	Group B: Camp Routine Private Coaching			
	L/B Group B: Team UCA & St. Jude			Switch Groups			
7:45p	Switch Groups	3:45p		Electives*			
8:30p	Team Leader Meetings & Daily Awards	4:30p	B	All-American Tryouts			
	<i>New Coaches' Q/A</i>	5:00p		<i>Dinner</i>			
Elective Classes* <ul style="list-style-type: none"> - Timeout Dance - Hip Hop Dance - Stunt Transitions - Tumbling Critique - Additional Material - Basket Toss Class - Open Workshop 		6:45p	E	Camp Routine Evaluations			
		7:15p		Gatorade Break & Team Leader Meetings			
		7:30p	A	Jump Off			
		7:45p	R	<i>Spirit Night!</i>			
		8:15p	B	Daily Awards & Pin it Forward			
				<i>Final Coaches' Q/A</i>			

Camp Information

HCM:
HI:
Location:
Dining:
Camp Store: