



2026 3-Day Overnight Traditional Camp (AB)

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 | S Safety Awareness & Stunt Qualification w/ Team Leader | 9:00a | L Coaches' & Captain's Goal Setting | 9:00a | Team Time w/ Team Leader |
| 1:45p | C/E Group A: Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Camp Dance & Coaches' Meeting #1 | 9:15a | A Stunt & Troubleshooting Class #2 | 9:30a | E Camp Routine Championship |
| | 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 |
| 2:45p | Switch Groups | | C Group B: Cheer Private Coaching | 11:00a | E Squad Credentialing Presentation & Material Showcase - NEW! |
| 3:45p | C Group A: Sideline Private Coaching | 10:45a | Switch Groups | 11:15a | Senior Recognition Ceremony |
| | A Group B: Motion Technique Class & Squad Credentialing | 11:30a | Lunch | 11:30a | B Final Awards & Pin it Forward |
| 4:15p | Switch Groups | 1:00p | S/L Coaches' Stunt Workshop & Captain's Leadership Training | | |
| 4:45p | L Senior Social & Material Review | 1:15p | C/E Sideline & Cheer Evaluations | | |
| 5:00p | Dinner | 1:45p | L Group A: Squad Leadership Training & Squad Credentialing | | |
| 6:45p | A Pyramid Class #1 | | A Group B: Custom Skills 1:1 Private Coaching - NEW! | | |
| 7:45p | C Game Day Class: Cheers | 2:15p | Switch Groups | | |
| 8:30p | Team Leader Meetings & Daily Awards | 2:45p | L/B Group A: Team Unity & St. Jude | | |
| | New Coaches' Q/A | | 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: