



2026 3-Day Youth Camp

CAMP LOCATION & CAMP DATES

Day 1		Day 2		Day 3	
8:30a	Registration				
9:00a	Staff Introductions / Energizer & Warmup	9:00a	Energizer / Warmup & Material Review	9:00a	Energizer / Warmup & Material Review
9:30a	C Motion & Spirit Prop Workshop / Game Day Class: Youth Cheer	9:30a	C Game Day Class: Youth Sidelines	9:45a	A Stunt & Pyramids
10:15a	S Safety Awareness & Spotting Seminar	10:15a	A Stunt Class	10:45a	R FNL Frenzy!
10:30a	A Stunt Class	11:00a	L/E Team UCA & Game Day Jams!	11:30a	L/E Team UCA & Sideline Stunts
11:15a	E Youth Dance Class	11:45a	Material Review	12:00p	Lunch
12:00p	Lunch	12:00p	Lunch	1:00p	E Camp Routine Private Coaching
1:00p	C Group A: Youth Cheer Private Coaching	1:00p	A Stretching & Flexibility Class	2:00p	L Team Unity
	L Group B: Team UCA	1:10p	A Jumps & Kicks Workshop	2:15p	Team Time
1:45p	Switch Groups	1:30a	A Group A: Pyramid Class	2:45p	E Camp Showcase
2:30p	Material Review	L/E	Group B: Team UCA & Dance Review	3:00p	Final Awards
3:00p	Daily Awards	2:00p	Switch Groups		
		2:30p	A Motion Technique Class		
		2:45p	A Jump Off		
		3:00p	Daily Awards		

