



BY VARSITY SPIRIT

2026 4-Day Elite Overnight Camp

CAMP LOCATION & CAMP DATES



Day 1

Day 2

Day 3

Day 4

9a-12p	Registration						
1:00p	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!	8:30a	<i>Breakfast</i>	8:30a	<i>Breakfast</i>	8:30a	<i>Breakfast</i>
1:30p	C/E Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Elite Camp Dance & Coaches' Meeting #1	9:15a	L Coaches' & Captain's Goal Setting	9:15a	A/R Drills for Skills , FNL /E Frenzy w/ Game Day Jams! & <i>Optional Coaches' Roundtable</i>	9:00a	Team Time w/ Team Leader
2:30p	S Safety Awareness & Stunt Qualification w/ Team Leader	9:30a	A Elite Stunt Class & Troubleshooting #2	10:00a	A Elite Stunt Class & Troubleshooting #3	9:30a	E Camp Routine Championship
2:45p	S/A Spotting Seminar /Elite Stunt Class & Troubleshooting #1	10:45a	C Band Chant Setup / Review & Team UCA	11:15a	S Coaches' Stunt Workshop #2 / All-American Setup & Material Review	10:15a	C/E Spirit Championship - <i>Band Chant, Sideline, Cheer</i>
4:15p	L Team UCA & Squad Credentialing	11:30a	<i>Lunch</i>	11:30a	<i>Lunch</i>	11:00a	E Squad Credentialing Presentation & Material Showcase - NEW! Senior Recognition Ceremony
4:30p	C Group A: Sideline Private Coaching	1:15p	L/S Captain's Leadership Training & Coaches' Stunt Workshop #1	1:15p	L Senior Social	11:15a	
	A Group B: Motion Technique Class	1:30p	A Pyramid Class #2	1:30p	L/C Group A: Team Unity & Spirit Practice	11:30a	B Final Awards & Pin it Forward
5:00p	Dinner	2:30p	C Group A: Cheer Private Coaching		E Group B: Camp Routine Private Coaching		
6:45p	Switch Groups		L/A Group B: Squad Leadership Training & Stretching, Flexibility & Jump Class	2:30p	Switch Groups		
7:15p	A Pyramid Class #1	3:30p	Switch Groups	3:30p	B All-American Tryouts		
8:00p	C Game Day Class: Cheers & Material Review	4:30p	B St. Jude & Team Leader Meetings	4:15p	Electives*		
8:45p	Team Leader Meetings & Daily Awards <i>New Coaches' Q/A</i>	4:45p	A Jump Off	4:45p	L Team UCA & Squad Credentialing		
		5:00p	Dinner	5:00p	Dinner		
		6:45p	C/E Sideline & Cheer Evaluations	6:45p	E Camp Routine Evaluations		
		7:15p	L Group A: Squad Credentialing & Material Review	7:15p	C Spirit Private Coaching		
			A Group B: NEW! Custom 1:1 Skills Private Coaching	7:45p	R <i>Spirit Night!</i>		
		8:00p	Switch Groups	8:15p	B Daily Awards & Pin it Forward		
		8:45p	Daily Awards		<i>Final Coaches' Q/A</i>		

Electives*
- Intermediate Division Stunts- **NEW!**
- Basket Toss Class
- Open Workshop
- Sideline Stunts
- Timeout or Hip Hop Dance
- Additional Material

Camp Information
HCM:
HI:
Location:
Dining:
Camp Store: