



BY VARSITY SPIRIT

2026 4-Day Junior High 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 / Camp Dance & Coaches' Meeting #1 | 9:15a | L Coaches' & Captain's Goal Setting | 9:15a | A/R Drills for Skills, FNL Frenzy /E w/ Game Day Jams! & Optional Coaches' Roundtable | 9:00a | Team Time w/ Team Leader |
| 2:30p | S Safety Awareness & Stunt Qualification w/ Team Leader | 9:30a | A Stunt Class & Troubleshooting #2 | 10:00a | A Stunt Class & Troubleshooting #3 | 9:30a | E Camp Routine Championship |
| 2:45p | S/A Spotting Seminar / Stunt Class & Troubleshooting #1 | 10:45a | C/L Band Chant Setup / Review & Team UCA | 11:15a | S Coaches' Stunt Workshop #2 / All-American Setup & Material Review | 10:15a | C/E Spirit Championship - Band Chant, Sideline, Cheer |
| 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! |
| 4:30p | C Group A: Sideline Private Coaching | 1:15p | L/S Captain's Leadership Training & Coaches' Stunt Workshop #1 | 1:30p | L/C Group A: Team Unity & Spirit Practice | 11:30a | B Final Awards & Pin it Forward |
| | A Group B: Motion Technique Class | 1:30p | A Pyramid Class #2 | | E Group B: Camp Routine Private Coaching | | |
| 5:00p | Dinner | 2:30p | C Group A: Cheer Private Coaching | 2:30p | Switch Groups | | |
| 6:45p | Switch Groups | | L/A Group B: Squad Leadership Training & Stretching, Flexibility & Jump Class | 3:30p | B All-American Tryouts | | |
| 7:15p | A Pyramid Class #1 | 3:30p | Switch Groups | 4:15p | Electives* | | |
| 8:00p | C Game Day Class: Cheers & Material Review | 4:30p | B St. Jude & Team Leader Meetings | 4:45p | L Team UCA & Squad Credentialing | | |
| 8:45p | Team Leader Meetings & Daily Awards <i>New Coaches' Q/A</i> | 4:45p | A Jump Off | 5:00p | Dinner | | |
| | | 5:00p | <i>Dinner</i> | 6:45p | E Camp Routine Evaluations | | |
| | | 6:45p | C/E Sideline & Cheer Evaluations | 7:15p | C Spirit Private Coaching | | |
| | | 7:15p | Group A: Squad Credentialing & Material Review | 7:45p | R <i>Spirit Night!</i> | | |
| | | | A Group B: NEW! Custom 1:1 Skills Private Coaching | 8:15p | B Daily Awards & Pin it Forward | | |
| | | 8:00p | Switch Groups | | <i>Final Coaches' Q/A</i> | | |
| | | 8:45p | <i>Daily Awards</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: