



2026 4-Day Junior High Overnight Camp

CAMP LOCATION & CAMP DATES



Day 1		Day 2		Day 3		Day 4	
9a-12p	Registration		Breakfast		Breakfast		Breakfast
1:00p	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!	8:30a	C Team Leader Check-in / Warmup / Game Day Class: Band Chant / Material Review & Coaches' Meeting #2	8:30a	E Team Leader Check-in / Warmup / Game Day Class: Sideline Dances & Coaches' Meeting #3	8:30a	Optional Open Practice
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 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	Lunch	11:30a	Lunch	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	4:45p	A Jump Off	5:00p	Dinner		
	New Coaches' Q/A	5:00p	Dinner	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		Final Coaches' Q/A		
		8:45p	Daily Awards				

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: