



2026 4-Day Stunt Camp (A/B)

CAMP LOCATION & CAMP DATES



Day 1		Day 2		Day 3		Day 4	
9a-12p	Registration		Breakfast		Breakfast		Breakfast
12:30p	Coaches' Quick Meet!	8:30a	A Team Leader Check-in / Warmup / Drills for Skills / Material Review & Coaches' Meeting #2	8:30a	A Team Leader Check-in / Warmup /Drills for Skills & Coaches' Meeting #3	8:30a	Optional Open Practice
1:00p	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!	9:15a	L Coaches' & Captain's Goal Setting	9:00a	L Senior Social	9:00a	Team Time w/ Team Leader
1:30p	S Safety Awareness & Stunt Qualification w/ Team Leader	9:30a	L/A Group A: Motion Technique Class/Team UCA & Squad Credentialing	9:15a	A Group A: Stunt & Troubleshooting Class #3	9:30a	C/E Cheer Championship
1:45p	S Spotting Seminar	A	Group B: Stunt & Troubleshooting Class #2	L/R	Group B: Team UCA & FNL Frenzy w/ Game Day Jams! & <i>Optional Coaches' Roundtable</i>	E	Stunt Sequence Championship
2:00p	C/E Group A: Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer / Camp Dance & Coaches' Meeting #1	10:30a	Switch Groups	10:15a	Switch Groups	E	Camp Routine Championship
	A Group B: Stunt & Troubleshooting Class #1	11:30a	C/E Cheer Evaluations	11:15a	S Coaches' Stunt Workshop #2 / All-American Setup & Material Review	10:45a	E Squad Credentialing Presentation & Material Showcase - NEW!
3:00p	Switch Groups	11:30a	Lunch	11:30a	Lunch	11:15a	Senior Recognition Ceremony
4:00p	A Pyramid Class #1	1:15p	L/S Captain's Leadership Training & Coaches' Stunt Workshop #1	1:30p	L/E Group A: Team Unity / Sideline Stunts & Jump Critique & Timing	11:30a	B Final Awards & Pin it Forward
5:00p	Dinner	1:45p	A Pyramid Class #2	E	Group B: Camp Routine Private Coaching	<div>Camp Information HCM: HI: Location: Dining: Camp Store:</div>	
6:45p	C Group A: Cheer Private Coaching*	2:45p	A Group A: Stunt Sequence Private Coaching	2:30p	Switch Groups		
	A/C/L Group B: Skills & Props / Team UCA	A/B	Group B: Stretching, Flexibility / Jump Class & St. Jude	3:30p	A Custom Skills 1:1 Private Coaching - NEW!		
7:30p	Switch Groups	3:30p	Switch Groups	4:00p	B All-American Tryouts	<div>Electives* - Intermediate Division Stunts - NEW! - Basket Toss Class - Tumbling Critique - Open Workshop - Sideline Stunts - Timeout or Hip Hop Dance - Additional Material</div>	
8:15p	L Material Review & Squad Credentialing	4:15p	A Jump Off	5:00p	Dinner		
8:30p	Team Leader Meetings & Daily Awards	5:00p	Dinner	6:45p	E Camp Routine Evaluations		
	New Coaches' Q/A	6:45p	L Group A: Squad Leadership Training & Material Review	6:45p	Team Time w/ Team Leader		
		A	Group B: Pyramid Private Coaching	7:30p	A Gatorade Break & Team Leader Meetings		
		7:00p	Switch Groups	7:45p	R Spirit Night!		
		7:45p	Electives*	8:15p	B Daily Awards & Pin it Forward		
		8:30p	Team Leader Meetings & Daily Awards		Final Coaches' Q/A		

Cheer Private Coaching:
use All-American Cheer or bring material from home*