



BY VARSITY SPIRIT

# 2026 4-Day Stunt Camp (A/B)

## CAMP LOCATION & CAMP DATES

Day 1		Day 2		Day 3		Day 4	
9a-12p	Registration		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>
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 <b>Group A:</b> Motion Technique Class/Team UCA & Squad Credentialing <b>Group B:</b> Stunt & Troubleshooting Class #2	9:15a	A <b>Group A:</b> Stunt & Troubleshooting Class #3  L/R <b>Group B:</b> Team UCA & FNL Frenzy w/ Game Day Jams! & Optional Coaches' Roundtable	9:30a	C/E Cheer Championship  E Stunt Sequence Championship
1:45p	S Spotting Seminar		A <b>Group B:</b> Stunt & Troubleshooting Class #2		<b>Switch Groups</b>		<b>Switch Groups</b>
2:00p	C/E <b>Group A:</b> Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer / Camp Dance & Coaches' Meeting #1	10:30a		10:15a			E Camp Routine Championship
	A <b>Group B:</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 - <b>NEW!</b>
3:00p	<b>Switch Groups</b>	11:30a	<i>Lunch</i>	11:30a	<i>Lunch</i>	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 <b>Group A:</b> Team Unity / A Sideline Stunts & Jump Critique & Timing	11:30a	B Final Awards & Pin it Forward
5:00p	<i>Dinner</i>	1:45p	A Pyramid Class #2		E <b>Group B:</b> Camp Routine Private Coaching		
6:45p	C <b>Group A:</b> Cheer Private Coaching*	2:45p	A <b>Group A:</b> Stunt Sequence Private Coaching	2:30p	<b>Switch Groups</b>		
	A/C/ <b>Group B:</b> Skills & Props / L Team UCA		A/B <b>Group B:</b> Stretching, Flexibility / Jump Class & St. Jude	3:30p	A Custom Skills 1:1 Private Coaching - <b>NEW!</b>		
7:30p	<b>Switch Groups</b>	3:30p	<b>Switch Groups</b>	4:00p	B All-American Tryouts		
8:15p	L Material Review & Squad Credentialing	4:15p	A Jump Off	5:00p	<i>Dinner</i>		
8:30p	Team Leader Meetings & Daily Awards  New Coaches' Q/A	5:00p	<i>Dinner</i>	6:45p	E Camp Routine Evaluations		
		6:45p	L <b>Group A:</b> Squad Leadership Training & Material Review  A <b>Group B:</b> Pyramid Private Coaching	6:45p	Team Time w/ Team Leader		
		7:00p	<b>Switch Groups</b>	7:30p	A Gatorade Break & Team Leader Meetings		
		7:45p	Electives*	7:45p	R <i>Spirit Night!</i>		
		8:30p	Team Leader Meetings & Daily Awards	8:15p	B Daily Awards & Pin it Forward  <i>Final Coaches' Q/A</i>		

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

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

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

