



2026 4-Day Stunt Home Camp

CAMP LOCATION & CAMP DATES

Day 1		Day 2		Day 3		Day 4	
11:45a	Registration	9:00a	Energizer / Warmup & Material Review	9:00a	Energizer / Warmup & Material Review	9:00a	Energizer / Warmup & Material Review
12:00p	Staff Introductions / Icebreaker & Squad Credentialing (Roadmap)!	9:30a	A Stunt & Troubleshooting Class #2	9:30a	A Stunt & Troubleshooting Class #3	9:30a	E Camp Routine Evaluations
12:15p	C Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer	10:45a	L Team UCA & Squad Credentialing	10:45a	L Team UCA & Squad Credentialing	9:45a	L Stunt & Troubleshooting Class #4
12:45p	S Safety Awareness & Spotting Seminar	11:00a	A Stunt Sequence Private Coaching	11:00a	A Pyramid Private Coaching	11:00a	L Dance Class*
1:00p	A Stunt & Troubleshooting Class #1					11:45a	Squad Credentialing
2:15p	L Team UCA	12:00p	Lunch	12:00p	Lunch		
2:30p	A Drills for Skills & Squad Credentialing					12:00p	Lunch
		1:00p	L Captain's Leadership Training	1:00p	B All-American Tryouts		
3:00p	Break	1:15p	E Stunt Sequence Evaluations	1:30p	A Stunt Technique & Timing	1:00p	Custom 1:1 Skills Private Coaching - NEW!
		1:30p	E Dance Class*	2:00p	E Camp Routine Private Coaching	2:00p	R FNL Frenzy w/ Game Day Jams!
3:15p	C Cheer Private Coaching	2:15p	A Pyramid Class #2	3:00p	L Squad Leadership Training	3:00p	L Team Unity
4:00p	A Pyramid Class #1	3:15p	A Stretching, Flexibility & Jump Class	3:15p	Team Time	3:30p	E Camp Showcase
5:00p	A/L Motion Technique Class & Team UCA	3:30p	A Jump Off	3:45p	A Stunt Off	4:00p	B Final Awards & Pin it Forward
5:30p	L Material Review / Coaches' & Captain's Goal Setting	3:45p	B St. Jude	4:00p	B Daily Awards & Pin it Forward		
6:00p	Daily Awards	4:00p	Daily Awards				

Dance Class Options*
 - Timeout Dance
 - Hip Hop Dance
 - Fight Song
 - Fight Song Critique

