



2026 4-Day Traditional Overnight Camp (A/B)

CAMP LOCATION & CAMP DATES

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

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

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

