

COLLEGE

SPIRIT CAMPS

Three Day Overnight Camp Sample Schedule

**Schedule below is a sample of class offerings. All College Spirit Camps are customized to the teams' needs. *Depending on dinner times at different locations and size of camp, home routine walkthrough could happen before dinner for those teams participating in the home routine competition.*

Day 1

- 1:00 Opening Session / Staff Introductions
- 1:45 Game Day Class: Timeout
- 2:20 Preview "A" Routines
- 2:30 "A" Routines
- 4:15 Dinner
- 5:40 *Home Routine Walk Through
- 6:15 Home Routine Competition
- 6:45 Game Day Explanation/Preview Performance Routines
- 7:00 Game Day Class: Game Situation (Sideline & Review Timeout)
- 7:30 Game Day Class: Performance Routines
- 8:00 Team Leader
- 8:15 Announcements/Dismissal

Day 2

- 7:00 Breakfast
- 8:30 Warm up / Preview "B" Routines
- 9:00 "A" Routine Review
- 9:30 "B" Routines
- 11:00 Gameday Class: Performance Routine Review
- 11:15 Lunch
- 1:00 "B" Routine Review
- 1:30 "B" Routine Showcase
- 1:45 Assign Team Technique Teams
- 2:00 Team Technique Class/Open Prac.
- 2:45 Rotate Groups
- 3:30 Gameday Class: Game Situation (Sideline / Timeout Review)
- 3:45 Gameday Class: Performance Routine Open Practice
- 4:30 "A" Routine Review
- 4:45 Dinner
- 6:30 "A" Routine Evaluation
- 7:00 Game Day Private Coaching
- 7:30 Team Leader
- 7:45 Dismissal

Day 3

- 6:30 Breakfast
- 8:00 Game Day Open Practice
- 9:00 Final Game Day Evaluations
- 10:30 UDA Final Awards
- 11:00 Final Awards with UCA

