

# 2026 Stunt Home Camp Schedule

## DAY 1

|          |                                                                 |
|----------|-----------------------------------------------------------------|
| 12:00 pm | <b>Meet Your Staff TeamMate!</b><br>NFHS Credentialing Road Map |
| 12:15 pm | Warm-ups                                                        |
| 12:30 pm | All-American Cheer (C)                                          |
| 1:00 pm  | Safety Seminar (S) & Stunt Class                                |
| 2:30 pm  | Unity/Friday Night Lights Routine                               |
| 3:00 pm  | <b>BREAK</b>                                                    |
| 3:30 pm  | Pyramid Class                                                   |
| 4:30 pm  | <b>Spirit Session w/ Staff TeamMate:</b> Custom Choreography    |
| 5:30 pm  | <i>Spirit DNA</i> & Leadership Activity (L)                     |
| 6:00 pm  | Unity Games                                                     |
| 6:30 pm  | Spirit Awards & Dismiss                                         |

## DAY 2

|          |                                                                        |
|----------|------------------------------------------------------------------------|
| 9:00 am  | Warm-ups & Material Review                                             |
| 9:30 am  | Stunt Class (A)                                                        |
| 10:30 am | Choose Your Challenge (E)                                              |
| 11:30 am | <b>Spirit Session w/ Staff TeamMate:</b><br>Unity/FNL Routine Coaching |
| 12:00 pm | <b>LUNCH</b>                                                           |
| 1:00 pm  | Unity/FNL Routine Evaluation                                           |
| 1:30 pm  | Stunt Class                                                            |
| 2:30 pm  | Team Up for St. Jude (B)                                               |
| 3:00 pm  | All-American Tryouts (R)                                               |
| 3:30 pm  | Material Review                                                        |
| 4:00 pm  | Spirit Awards & Dismiss                                                |

### Choose Your Challenge Options:

- Street Routine
- Sideline Routine
- Basket Toss Class
- Single Base Stunt Class
- Spirit Raising Props