



BY VARSITY SPIRIT

# 4-DAY COLLEGE CAMP SCHEDULE

CAMP LOCATION & CAMP DATES



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Day 1		Day 2		Day 3		Day 4	
9a-12p	Registration		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>
1:00p	Opening Session & Staff Intros	8:30a	Coaches' & Athlete Skills Workshop - <b>NEW!</b>	8:30a	Coaches' Skills Workshop #2	8:30a	Open Practice / Warmup
1:45p	Collaboration Class w/ UDA & UCA/UDA Coaches' & Captain's Meeting	8:45a	Leadership Training w/ Guest Speaker/ Warmup & "Spirit Seminar"	9:00a	Warmup & Team Leader Meetings	9:15a	Game Day Competition ( <i>Game Day Timeout / Sideline ONLY</i> )
2:00p	<b>A - Partner Stunt Class/Troubleshooting #1 &amp; Qualification</b>	9:00a	<b>A - Game Planning Class / Safety Awareness &amp; Coaches' Meeting #2 - Guest Speaker</b>	9:15a	<b>A - Partner Stunt Class &amp; Troubleshooting #3</b>	10:00a	Performance Timeout Final Evaluation - <b>NEW!</b>
	<b>B - Game Planning Class / Pyramid Foundations / Basket Toss Safety Demo &amp; Basic Technique Class &amp; Coaches' Meeting #1</b>		<b>B - Basket Toss Class &amp; Qualification</b>		<b>B - Game Planning Class / R.E.a. L Talk &amp; Skills/Props &amp; Coaches' Meeting #3</b>	10:30a	Break / Pictures
3:15p	<b>Switch Groups</b>	9:45a	<b>Switch Groups</b>	10:15a	<b>Switch Groups</b>	10:45a	Game Day Division Awards
4:30p	<b>B- Sideline Private Coaching &amp; Evaluation</b>	10:30a	Pyramid Class #2 - <i>Transitions &amp; Dismounts</i>	11:15a	<b>A - Game Day Timeout Private Coaching</b>	11:00a	Transition to Final Awards
4:30p	<b>A - Dinner</b>	11:30a	<b>B - Partner Stunt Class &amp; Troubleshooting #2</b>	11:15a	<b>B - Lunch</b>	11:15a	UDA Presentation
5:30p	<b>B- Dinner</b>	11:30a	<b>A - Lunch</b>	12:15p	<b>A - Lunch</b>	11:30a	Mascot Follies
6:15p	<b>A - Sideline Private Coaching &amp; Evaluation</b>	12:45p	<b>B - Lunch</b>	12:30p	<b>Optional: Coaches' Meeting - UCA &amp; UDA College Championship</b>	11:45a	Final Camp Awards
7:15p	Skills Private Coaching #1	1:45p	<b>A - Partner Stunt Class &amp; Troubleshooting #2</b>	1:30p	<b>B - Game Day Timeout Private Coaching</b>		
8:00p	Pyramid Class #1	3:00p	Skills Private Coaching #2	2:30p	Basket Toss Class		
8:50p	Team Leader Meetings & Motivation Survey - <b>NEW!</b>	4:00p	Team Building & <i>Coaches' Roundtable #2</i>	3:15p	Skills Elective Stations - <b>NEW!</b>		
9:00p	Announcements & Dismissal	4:30p	<b>B - Performance Timeout Private Coaching</b>	3:45p	Game Day Timeout Evaluations		
		4:30p	<b>A - Dinner</b>	4:05p	Game Day w/ Team Leader "Putting it all together w/ mascots"		
		5:30p	<b>A - Dinner</b>	4:30p	Partner Stunt Class Competition		
		6:30p	<b>B - Performance Timeout Private Coaching</b>	4:45p	Final Announcements		
		7:30p	Performance Timeout Evaluations	5:15p	<i>Optional: Fight Song Competition w/ UDA</i>		
		8:00p	Game Day Private Coaching Prep	5:15p	<b>A - Dinner: non-FS</b>		
		8:30p	Announcements & Dismissal	5:45p	<b>B - Dinner: FS</b>		

**Camp Information**  
**HCM:**  
**HI:**  
**Location:**  
**Dining:**  
**Coaches' Meetings:**  
**Camp Store:**

**Skills Elective Stations**  
- Basket Toss Workshop  
- Pyramid Workshop  
- Stunt Class: *Transitions & Dismounts*  
- Open Practice