



2024 Stunt Home Camp 2-Day Sample Schedule

DAY 1

11:45 am - 12 pm

Registration

12:00 pm

Staff Introductions & Energizer

12:15 pm

Motion & Spirit Prop Workshop / Game Day Class:
All-American Cheer

12:45 pm

Safety Awareness

1:00 pm

Spotting Seminar & Stunt Class #1

2:15 pm

Camp Dance

3:00 pm

Break

3:15 pm

Stunt Sequence Private Coaching

4:15 pm

Stunt Sequence Evaluations

4:30 pm

Squad Leadership Training & Team UCA

4:45 pm

Pyramid Class #1

5:30 pm

Material Review / Coaches' & Captain's Goal Setting

5:45 pm

St. Jude

6:00 pm

Squad Credentialing & Daily Awards

DAY 2

9:00 am

Energizer / Warmup / Material Review / Team UCA

9:30 am

Stunt Class #2

10:30 am

Stretching, Flexibility & Jump Class

10:45 am

Pyramid Class

11:30 am

All-American Tryouts & Jump Off

11:45 am

Sideline Stunts or Game Day Jams – **NEW!**

12:00 pm

Lunch

1:00 pm

Captain's Leadership Training

1:15 pm

Camp Routine Private Coaching

2:15 pm

Camp Routine Evaluations

2:30 pm

Team Unity & Drills for Skills

3:00 pm

FNL Frenzy – *on your home football field or
basketball court!*

3:30 pm

Camp Showcase

3:45 pm

Squad Credentialing Presentation

4:00 pm

Senior Recognition Ceremony

Final Awards & Pin It Forward

