



2024 Build-Your-Own (BYO) Home Camp 3-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: Situational Sidelines
1:00 pm	Safety Awareness & Spotting Seminar
1:15 pm	Stunt Class #1
2:30 pm	Camp Dance
3:15 pm	Break
3:30 pm	Motion Technique Class & Team UCA
3:45 pm	Situational Sideline Private Coaching
4:15 pm	Pyramid Class #1
5:15 pm	Stretching, Flexibility / Jump Class & Coaches' & Captain's Goal Setting
5:30 pm	Stunt Troubleshooting Class
6:00 pm	Daily Awards & Squad Credentialing

DAY 2

9:00 am	Energizer / Warmup & Material Review
9:15 am	Game Day Class: Crowd Leading
10:00 am	Stunt Class #2
11:00 am	Team UCA & Game Day Jams NEW!!
11:15 am	Crowd Leading Private Coaching
12:00 pm	Lunch
1:00 pm	Captain's Leadership Training
1:15 pm	Situational Sideline & Crowd Leading Evaluations
1:30 pm	Pyramid Private Coaching
2:15 pm	Squad Leadership Training & St. Jude
2:30 pm	Camp Routine Private Coaching
3:30 pm	Material Review
3:45 pm	Jump Off
4:00 pm	Squad Credentialing / Daily Awards & Pin It Forward

Dance Class Options*

- Timeout Dance
- Hip-Hop Dance
- Fight Song
- Fight Song Critique
- Band Chant

DAY 3

9:00 am	Energizer / Warmup & Material Review
9:15 am	Game Day Class: General Sidelines & Diddies!
9:45 am	Stunt Class #3
10:45 am	Camp Routine Evaluations
11:00 am	FNL Frenzy & Sideline Stunts – <i>on your football field or basketball court!</i>
11:45 am	All-American Tryouts
12:00 pm	Lunch
1:00 pm	Dance Class*
1:45 pm	Team UCA & Team Unity
2:15 pm	Additional Material / Skills Class or Team Time
3:15 pm	Break
3:30 pm	Camp Showcase
3:45 pm	Squad Credentialing Presentation
	Senior Recognition Ceremony
4:00 pm	Final Awards & Pin It Forward

