



2024 Stunt Camp

3-Day Sample Schedule

DAY 1

9 am - 12 pm *Registration*

12:30 pm Coaches' Quick Meet! – **NEW!**

1:00 pm Opening Staff Demo & Meet your Team Leader!

1:30 pm Safety Awareness & Stunt Qualification w/ Team Leader

1:45 pm Spotting Seminar

2:00 pm **Group A** - Motion & Spirit Prop
Workshop / Game Day Class:
Situational Sidelines / Camp
Dance & *Coaches' Meeting #1*

Group B – Stunt Class #1

3:00 pm **Switch Groups**

4:00 pm **Group A** – Situational Sideline Private Coaching
Group B – Motion Technique Class & Team UCA

4:30 pm *Dinner*

6:00 pm Senior Social – **NEW!**

6:15 pm **Switch Groups**

6:45 pm Pyramid Class #1

7:30 pm Game Day Class: Crowd Leading

8:15 pm Stunt Troubleshooting Class

8:45 pm Team Leader Meetings & Daily Awards
New Coaches' Q/A

DAY 2

Breakfast

8:30 am Team Leader Check-In / Warmup / Material Review / Stretching, Flexibility & Jump Class & *Coaches' Meeting #3*

9:00 am Coaches' & Captain's Goal Setting

9:15 am Stunt Class #2

10:00 am **Group A** – Team UCA & FNL Frenzy w/ Game Day Jams - **NEW!!**

Group B – Crowd Leading Private Coaching

Switch Groups

10:45 am

11:30 am *Lunch*

1:00 pm Coaches' Stunt Workshop & Captain's Leadership Training

1:15 pm Situational Sideline & Crowd Leading Evaluations

1:45 pm Pyramid Private Coaching

2:45 pm **Group A** – Team Unity & Sideline Stunts
Group B – Camp Routine Private Coaching

Switch Groups

3:30 pm Jump Off

4:15 pm

4:30 pm *Dinner*

6:00 pm Camp Routine Evaluations

6:30 pm All-American Tryouts

7:00 pm St. Jude & Team Time w/ Team Leader

7:45 pm Gatorade Break

8:00 pm *Spirit Night!*

8:30 pm Squad Credentialing / Daily Awards & Pin It Forward
Final Coaches' Q&A

DAY 3

Breakfast

8:30 am Optional Open Practice

9:00 am Team Time w/ Team Leader

9:30 am Stunt Sequence Championship

10:15 am Camp Routine Championship

11:00 am Squad Credentialing Presentation

11:15 am Senior Recognition Ceremony

11:30 am Final Awards & Pin It Forward

