



# 2024 Traditional Overnight Camp

## 3-Day Sample Schedule

### DAY 1

9 am - 12 pm		<i>Registration</i>
12:30 pm		Coaches' Quick Meet! – <b>NEW!</b>
1:00 pm		Opening Staff Demo & Meet your Team Leader!
1:30 pm	S	Safety Awareness & Stunt Qualification w/ Team Leader
1:45 pm	S	Spotting Seminar
2:00 pm	C/E	<b>Group A</b> - Motion & Spirit Prop Workshop / Game Day Class: Situational Sidelines / Camp Dance & <i>Coaches' Meeting #1</i>
	A	<b>Group B</b> – Stunt Class #1
3:00 pm		<b>Switch Groups</b>
4:00 pm	C	<b>Group A</b> – Situational Sideline Private Coaching
	A	<b>Group B</b> – Motion Technique Class & Squad Credentialing
4:30 pm		<i>Dinner</i>
6:00 pm	L	Senior Social – <b>NEW!</b>
6:15 pm		<b>Switch Groups</b>
6:45 pm	A	Pyramid Class #1
7:30 pm	C	Game Day Class: Cheers
8:15 pm	S	Stunt Troubleshooting Class
8:45 pm	L	Team UCA / Team Leader Meetings & Daily Awards <i>New Coaches' Q/A</i>

### DAY 2

		<i>Breakfast</i>
8:30 am	A	Team Leader Check-In / Warmup / Material Review / Stretching, Flexibility & Jump Class & <i>Coaches' Meeting #3</i>
9:00 am	L	Coaches' & Captain's Goal Setting
9:15 am	A	Stunt Class #2
10:00 am	L/R	<b>Group A</b> – Team UCA & FNL Frenzy w/ Game Day Jams! – <b>NEW!</b>
	C	<b>Group B</b> – Cheer Private Coaching
10:45 am		<b>Switch Groups</b>
11:30 am		<i>Lunch</i>
1:00 pm	S/L	Coaches' Stunt Workshop & Captain's Leadership Training
1:15 pm	C/E	Situational Sideline & Cheer Evaluations
1:45 pm	A	Pyramid Private Coaching
2:45 pm	L/E	<b>Group A</b> – Team Unity & Sideline Stunts
	E	<b>Group B</b> – Camp Routine Private Coaching
3:30 pm		<b>Switch Groups</b>
4:15 pm	A	Jump Off
4:30 pm		<i>Dinner</i>
6:00 pm	E	Camp Routine Evaluations
6:30 pm	B	All-American Tryouts
7:00 pm		Squad Credentialing & Team Time w/ Team Leader
7:45 pm		Gatorade Break
8:00 pm	R	<i>Spirit Night!</i>
8:30 pm	B	St. Jude / Daily Awards & Pin It Forward <i>Final Coaches' Q&amp;A</i>

### DAY 3

		<i>Breakfast</i>
8:30 am		Optional Open Practice
9:00 am		Team Time w/ Team Leader
9:30 am	E	Camp Routine Championship
10:15 am	C/E	Situational Sideline & Cheer Championship
11:00 am		Squad Credentialing Presentation
11:15 am		Senior Recognition Ceremony
11:30 am	B	Final Awards & Pin It Forward

