



# 2024 Traditional Overnight Camp

## 4-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 **S** Safety Awareness & Stunt Qualification w/ Team Leader

1:45 pm **S** Spotting Seminar

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

**E**

**A** **Group B** – Stunt Class #1

3:00 pm **Switch Groups**

4:00 pm **C** **Group A** – Situational Sideline Private Coaching

**C/A** **Group B** – Motion Technique Class & Squad Credentialing

4:30 pm *Dinner*

6:15 pm **C/A** **Group A** – Motion Technique Class & Squad Credentialing

**L**

**C** **Group B** – Situational Sideline Private Coaching

6:45 pm **A** Pyramid Class #1

7:45 pm **C** Game Day Class: Cheers

8:15 pm **S** Stunt Troubleshooting Class

8:45 – 9 pm **L** Team UCA / Team Leader Meetings & Daily Awards  
*New Coaches' Q/A*

### DAY 2

*Breakfast*

8:30 am **C** Team Leader Check-In / Warmup / Game Day Class: Band Chant / Material Review & **Coaches' Meeting #2**

9:15 am **L** Coaches' & Captain's Goal Setting

9:30 am **C** **Group A** – Band Chant Setup / Review /

**L** Team UCA & Squad Credentialing

10:30 am **A** **Group B** – Stunt Class #2

**Switch Groups**

11:30 am *Lunch*

1:00 pm **L/S** Captains' Leadership Training & Coaches' Stunt Workshop #1

1:15 pm **A** Pyramid Class #2

2:15 pm **C** **Group A** – Cheer Private Coaching

**L/R** **Group B** – Squad Leadership Training & Game Day Jams – **NEW!**

3:15 pm **Switch Groups**

4:15 pm **E** Sideline Stunts

4:30 pm *Dinner*

6:15 pm **C/E** Situational Sideline & Cheer Evaluations

6:45 pm **A** **Group A** – Stretching, Flexibility & Jump Class & Material Review

**A** **Group B** – Pyramid Private Coaching

7:30 pm **Switch Groups**

8:15 pm **A** Jump Off

8:30 pm **B** Team Leader Meetings / St. Jude & Daily Awards

### DAY 3

*Breakfast*

8:30 am **C** Team Leader Check-In / Warmup / Game Day Class: General Sidelines & Diddies! & **Coaches' Meeting #3**

9:00 am **L** Senior Social – **NEW!**

9:15 am **A** **Group A** – Stunt Class #3

**L/R** **Group B** – Team UCA / Squad Credentialing & FNL Frenzy!

10:15 am **Switch Groups**

11:15 am **S** Coaches' Stunt Workshop #2 / All-American Set Up & Material Review

11:30 am *Lunch*

1:15 pm **L/C** **Group A** – Team Unity & Spirit Practice

**E** **Group B** – Camp Routine Private Coaching

2:15 pm **Switch Groups**

3:15 pm **Electives\***

4:00 pm **B** All-American Tryouts

4:30 pm *Dinner*

6:15 pm **E** Camp Routine Evaluations

6:45 pm **C** **Group A** – Spirit Private Coaching

**A** **Group B** – Drills for Skills

7:15 pm **Switch Groups**

7:45 pm Gatorade Break

8:00 pm **R** *Spirit Night!*

8:30 pm **B** Team Leader Meetings / Daily Awards & Pin It Forward  
*Final Coaches' Q&A*

### DAY 4

*Breakfast*

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** Spirit Championship

- *Band Chant*
- *Situational Sideline*
- *Cheer*

11:00 am Squad Credentialing Presentation

11:15 am Senior Recognition Ceremony

11:30 am **B** Final Awards & Pin It Forward

#### Elective Classes\*

- Timeout Dance
- Hip Hop Dance
- Stunt Transitions
- Additional Material
- Basket Toss Class
- Open Workshop

