



# 2025 3-Day BYO Home Camp

## CAMP LOCATION & CAMP DATES

### Day 1

11:45a		Registration
12:00p		Staff Introductions / Energizer & Squad Credentialing (Roadmap)!
12:15p	C	Motion & Spirit Prop Workshop / Game Day Class: Sidelines
1:00p	S	Safety Awareness & Spotting Seminar
1:15p	A	Stunt Class #1
2:30p	E	Camp Dance
3:15p		Break
3:30p	A/L	Motion Technique Class & Team UCA
3:45p	C	Sideline Private Coaching
4:15p	A	Pyramid Class #1
5:15p	A/L	Stretching, Flexibility / Jump Class & Coaches' & Captain's Goal Setting
5:30p	S	Stunt Troubleshooting Class
6:00p	B	St. Jude & Daily Awards

- Dance Class Options\***
- Timeout Dance
  - Hip Hop Dance
  - Fight Song
  - Fight Song Critique
  - Band Chant

### Day 2

9:00a		Energizer / Warmup & Material Review
9:15a	C	Game Day Class: Cheers
10:00a	A	Stunt Class #2
11:00a	L/R	Team UCA & Sideline Stunts
11:15a	C	Cheer Private Coaching
12:00p		Lunch
1:00p	L	Captain's Leadership Training
1:15p	C/E	Sideline & Cheer Evaluations
1:30p	A	Pyramid Private Coaching
2:15p	L	Squad Leadership Training
2:30p	E	Camp Routine Private Coaching
3:30p		Material Review
3:45p	A	Jump Off
4:00p	B	Daily Awards & Pin it Forward

### Day 3

9:00a		Energizer / Warmup & Material Review
9:15a	C/E	Game Day Class: Sideline Dances
9:45a	A	Stunt Class #3
10:45a	E	Camp Routine Evaluations
11:00a	R	FNL Frenzy w/ Game Day Jams! - <i>on your football field or basketball court!</i>
11:45a	B	All-American Tryouts
12:00p		Lunch
1:00p	E	Dance Class*
1:45p	L	Team UCA & Team Unity
2:15p		Additional Material / Skills Class or Team Time
3:15p		Break
3:30p	E	Camp Showcase
3:45p		Squad Credentialing Presentation & Senior Recognition Ceremony
4:00p	B	Final Awards & Pin it Forward