

# 2025 3-Day Junior High Overnight Camp



## CAMP LOCATION & CAMP DATES

### Day 1

9:00a - 12:00p		Registration
1:00p		Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)!
1:30p	C/E	Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Camp Dance & Coaches' Meeting #1
3:00p	A	Safety Awareness & Stunt Qualification w/ Team Leader
3:00p	A	Spotting Seminar & Stunt Class #1
4:00p	C	<b>Group A:</b> Sideline Private Coaching <b>Group B:</b> Motion Technique Class & Team UCA
4:30p	A/L	Dinner
6:15p		Switch Groups
6:45p	A	Pyramid Class #1
7:30p	C	Game Day Class: Cheers
8:15p	S	Stunt Troubleshooting Class
8:45p	B	St. Jude / Team Leader Meetings & Daily Awards  New Coaches' Q/A

### Day 2

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

### Day 3

		Breakfast
8:30a		Optional Open Practice
9:00a		Team Time w/ Team Leader
9:45a	E	Camp Routine Championship
10:30a	C/E	Sideline & Cheer Championship
11:15a		Squad Credentialing Presentation
11:30a	B	Final Awards & Pin it Forward

**Camp Information**  
**HCM:**  
**HI:**  
**Location:**  
**Dining:**  
**Camp Store:**