



2025 3-Day Youth Camp

CAMP LOCATION & CAMP DATES

Day 1

Day 2

Day 3

8:30a		Registration						
9:00a		Staff Introductions / Energizer & Warmup	9:00a		Energizer / Warmup & Material Review	9:00a		Energizer / Warmup & Material Review
9:30a		Motion & Spirit Prop Workshop / Game Day Class: Youth Cheer	9:30a		Game Day Class: Youth Sidelines	9:45a		Stunt & Pyramids
10:15a	C	Safety Awareness & Spotting Seminar	10:15a	C	Stunt Class	10:45a	A	FNL Frenzy!
10:30a	S	Stunt Class	11:00a	A	Team UCA & Game Day Jams!	11:30a	R	Team UCA & Sideline Stunts
11:15a	A	Youth Dance Class	11:45a	L/E	Material Review	12:00p	L/E	Lunch
12:00p	E	Lunch	12:00p	A	Lunch	1:00p	E	Camp Routine Private Coaching
1:00p	L	Group A: Youth Cheer Private Coaching	1:00p	A	Stretching & Flexibility Class	2:00p	L	Team Unity
	C	Group B: Team UCA	1:10p	A	Jumps & Kicks Workshop	2:15p	E	Team Time
1:45p	L	Switch Groups	1:30a	A	Group A: Pyramid Class	2:45p	E	Camp Showcase
	C	Material Review	2:00p	L/E	Group B: Team UCA & Dance Review	3:00p	E	Final Awards
2:30p	L	Daily Awards	2:30p	A	Switch Groups			
3:00p	C		2:45p	A	Motion Technique Class			
	L		3:00p	A	Jump Off			
	C				Daily Awards			