



Day 1

Day 2

2025 2-Day BYO Home Camp

CAMP LOCATION & CAMP DATES

11:45a		Registration
12:00p		Introductions / Energizer & Squad Credentialing (Roadmap)!
12:15p	C	Motion & Spirit Prop Workshop / Game Day Class: Cheers
12:45p	S	Safety Awareness & Spotting Seminar
1:00p	A	Stunt Class #1
2:15p	E	Camp Dance
3:00p		<i>Break</i>
3:15p	A/L	Motion Technique Class & Team UCA
3:45p	C	Cheer Private Coaching
4:30p	C/E	Cheer Evaluations
4:45p	A	Pyramid Class #1
5:30p	L	Material Review / Coaches' & Captain's Goal Setting
5:45p	B	St. Jude
5:50p	A	Jump Off
6:00p		Daily Awards

9:00a	A	Energizer / Warmup / Stretching, Flexibility & Jump Class
9:15a	C	Game Day Class: Sidelines or Band Chant
10:00a	A	Stunt Class #2
11:00a	B	All-American Tryouts
11:15a	E	Dance Class*
11:45a	E/R	Sideline Stunts or Game Day Jams!
12:00p		<i>Lunch</i>
12:45p	L	Captain's Leadership Training
1:00p	A	Pyramid Private Coaching
1:45p	E	Camp Routine Private Coaching
2:45p	L	Squad Leadership Training & Team Unity
3:15p	E	Camp Routine Evaluations
3:30p	E	Camp Showcase
3:45p	L	Team UCA / Squad Credentialing (Spirit Raiser) & Presentation
4:00p	B	Senior Recognition Ceremony / Final Awards & Pin it Forward

Dance Class Options*

- Timeout
- Hip Hop
- Sideline Dances