



2025 3-Day Elite Overnight (A/B) Camp

CAMP LOCATION & CAMP DATES

Day 1		Day 2		Day 3	
9:00a - 12:00p	Registration		Breakfast		Breakfast
12:30p	Coaches' Quick Meet!	8:30a	Team Leader Check-in/ Warmup/ Material Review / Stretching, Flexibility & Jump Class & <i>Coaches' Meeting #2</i>	8:30a	Optional Open Practice
1:00p	Opening Staff Demo, Meet your Team Leader & Squad Credentialing (Roadmap)! Safety Awareness & Stunt Qualification w/ Team Leader	9:00a	Coaches' & Captain's Goal Setting	9:00a	Team Time w/ Team Leader
1:45p	Spotting Seminar	9:15a	Elite Stunt Class #2	9:30a	Camp Routine Championship
2:00p	Group A: Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Elite Camp Dance & <i>Coaches' Meeting #1</i> Group B: Elite Stunt Class #1	10:00a	Group A: Team UCA & FNL Frenzy w/ Game Day Jams! Group B: Cheer Private Coaching	10:15a	Sideline & Cheer Championship
3:00p	Switch Groups	10:45a	Switch Groups	11:00a	Squad Credentialing Presentation
4:00p	Group A: Sideline Private Coaching Group B: Motion Technique Class & Team UCA	11:30a	Lunch	11:15a	Senior Recognition Ceremony
4:30p	Dinner	1:00p	Coaches' Stunt Workshop & Captain's Leadership Training	11:30a	Final Awards & Pin it Forward
6:00p	Senior Social	1:15p	Sideline & Cheer Evaluations		
6:15p	Switch Groups	1:45p	Group A: Squad Leadership Training & St. Jude Group B: Pyramid Private Coaching		
6:45p	Pyramid Class #1	2:15p	Switch Groups		
7:30p	Game Day Class: Cheers	2:45p	Group A: Team Unity & Sideline Stunts Group B: Camp Routine Private Coaching		
8:15p	Stunt Troubleshooting Class	3:30p	Switch Groups		
8:45p	Team Leader Meetings & Daily Awards <i>New Coaches' Q/A</i>	4:15p	Jump Off		
		4:30p	Dinner		
		6:00p	Camp Routine Evaluations		
		6:30p	All-American Tryouts		
		7:00p	Team Time w/ Team Leader		
		7:45p	Gatorade Break		
		8:00p	<i>Spirit Night!</i>		
		8:15p	Daily Awards & Pin it Forward		
			<i>Final Coaches' Q/A</i>		

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