



# 2025 3-Day Overnight Traditional 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	Motion & Spirit Prop Workshop / Game Day Class: Sidelines / Camp Dance & Coaches' Meeting #1
2:30p	Safety Awareness & Stunt Qualification w/ Team Leader
2:45p	Stunt Class #1
4:00p	<b>Group A:</b> Sideline Private Coaching <b>Group B:</b> Motion Technique Class & Team UCA
4:30p	Dinner
6:00p	Senior Social
6:15p	<b>Switch Groups</b>
6:45p	Pyramid Class #1
7:30p	Game Day Class: Cheers
8:15p	Stunt Troubleshooting Class
8:45p	St. Jude / Team Leader Meetings & Daily Awards <i>New Coaches' Q/A</i>

### Day 2

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

### Day 3

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

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