

# 2025 4-Day Elite Overnight Camp



## CAMP LOCATION & CAMP DATES

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

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

**Electives\***  
 - Stunt Transitions  
 - Basket Toss Class  
 - Open Workshop  
 - Timeout or Hip Hop Dance  
 - Additional Material