



2025 4-Day Stunt 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 / Drills for Skills / Material Review & <i>Coaches' Meeting #2</i>	8:30a	Team Leader Check-in / Warmup / Drills for Skills & <i>Coaches' Meeting #3</i>	8:30a	Optional Open Practice
1:30p	Motion & Spirit Prop Workshop / Game Day Class: All-American Cheer / Camp Dance & <i>Coaches' Meeting #1</i>	9:15a	<i>Coaches' & Captain's Goal Setting</i>	9:15a	Senior Social	9:00a	Team Time w/ Team Leader
2:30p	Safety Awareness & Stunt Qualification w/ Team Leader	9:30a	Stunt Class #2	9:30a	Stunt Class #3	9:30a	Cheer Championship
2:45p	Spotting Seminar & Stunt Class #1	10:45a	Team UCA & Motion Technique Class	10:30a	Team UCA & FNL Frenzy w/ Game Day Jams!	10:15a	Stunt Sequence Championship
4:00p	Stunt Troubleshooting Class	11:15a	Cheer Evaluations	11:30a	<i>Lunch</i>	11:00a	Camp Routine Championship
4:30p	Dinner	11:30a	<i>Lunch</i>	1:30p	Group A: Team Unity / Sideline Stunts & Jump Critique & Timing Group B: Camp Routine Private Coaching	11:15a	Squad Credentialing Presentation
6:15p	Group A: Cheer Private Coaching*	1:15p	Captain's Leadership Training & <i>Coaches' Stunt Workshop #1</i>		Switch Groups	11:30a	Senior Recognition Ceremony
7:00p	Group B: Skills & Props / Team UCA Switch Groups	1:45p	Pyramid Class #2	2:30p		11:45a	Final Awards & Pin it Forward
7:45p	Pyramid Class #1	2:45p	Group A: Stunt Sequence Private Coaching Group B: Stretching, Flexibility / Jump Class & St. Jude	3:30p	Stunt Timing & Technique w/ Team Leader		
8:30p	Team Leader Meetings & Daily Awards <i>New Coaches' Q/A</i>	3:30p	Switch Groups	4:00p	All-American Tryouts		
		4:15p	Jump Off	4:30p	<i>Dinner</i>		
		4:30p	<i>Dinner</i>	6:15p	Camp Routine Evaluations		
		6:15p	Group A: Squad Leadership Training & Material Review Group B: Pyramid Private Coaching	6:45p	Team Time w/ Team Leader		
		7:00p	Switch Groups	7:30p	Gatorade Break & Team Leader Meetings		
		7:45p	Electives*	7:45p	<i>Spirit Night!</i>		
		8:30p	Team Leader Meetings & Daily	8:15p	Daily Awards & Pin it Forward <i>Final Coaches' Q/A</i>		

Cheer Private Coaching: use All-American Cheer or bring

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

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