

2025 4-Day Traditional 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, 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	Stunt Class #2	9:30a	Stunt Class #3	9:30a	Camp Routine Championship
2:45p	Spotting Seminar & 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	Group A: 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>
	Group 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	Group A: Team Unity & Spirit Practice	11:15a	Senior Recognition Ceremony
6:15p	Switch Groups	2:15p	Group A: Cheer Private Coaching		Group B: Camp Routine Private Coaching	11:30a	Final Awards & Pin it Forward
6:45p	Pyramid Class #1		Group B: Team UCA / Squad Leadership Training & Sideline Stunts	2:15p	Switch Groups		
7:30p	Game Day Class: Cheers	3:15p	Switch Groups	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	Group A: Stretching, Flexibility / Jump Class & Material Review	6:45p	Group A: Spirit Private Coaching		
			Group B: Pyramid Private Coaching		Group B: Drills for Skills		
		7:30p	Switch Groups	7:15p	Switch Groups		
		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