

## UCA OVERNIGHT CAMP SAMPLE SCHEDULE

### Day 1:

9:00-12:00 Check-In / Registration  
1:00 Opening Demonstrations  
1:30 Line Dance and Game Time Class!  
2:30 Xtreme Routine Dance Class  
3:15 Spotting Seminar/Stunt Qualification  
3:30 Stunt Class  
4:30 Dinner Break  
6:30 Optional Home Dance Evaluation & Home Fight Song Evaluation  
7:15 Private Coaching - Sideline  
7:45 Xtreme Routine & Material Review in Big Bro/Sis groups  
8:00 Big Bro/Sis – Safety Awareness/Safety Pledge  
8:30 Awards  
Coaches Q and A with Big Bro/Sis – staff bring profile sheets!

**Be sure to visit The Spirit Shop Tonight !**

### Day 2:

8:15 Warm-up & Game Time Class  
8:45 Jump Class  
9:15 Dance Class  
10:00 Stunt Class  
11:00 Private Coaching Prep for Cheer w/assigned PVT Coacher  
11:30 Lunch Break  
1:15 Captain's Meeting  
1:30 Optional Fight Song  
1:45 Private Coaching – Cheer – Group A  
TEAM UCA / C.L.A.S.S. & Dance Review  
Group B  
2:30 Gatorade Break  
2:45 Switch  
3:30 Open Practice  
4:00 Evaluations - Cheer  
4:30 Dinner Break  
6:00 Elective Classes  
Elite Stunts-Timeout Dance-Material Review-Flexibility Class  
6:30 Stunt Open Workshop  
7:00 Big Bro/Sis Q&A / Rally set up!  
7:15 Jump Off / Material Review

7:45 "Beach Bash"  
8:15 Beach Club Dance Party

**Be sure to visit the Spirit Shop Tonight!**

### Day 3:

8:15 Warm up & Game Time Class/  
Fan Frenzy  
9:00 Jump Class  
9:30 Stunt Class  
10:30 Pyramid/Stunt Transition Class  
11:15 Private Coaching Prep for Xtreme Routine w/assigned Private Coacher  
11:30 Lunch Break  
1:00 Basket Toss Class / All American Review (Optional)  
1:30 Elective Classes (Elite Stunts-Extra Material-Stunt Tech-Strength & Conditioning Class)  
2:00 Private Coaching – Xtreme Routine Group A – Team UCA / C.L.A.S.S & Dance Review – Group B  
2:45 Gatorade Break  
3:00 Switch  
3:45 All American Tryouts / Material Review  
4:30 Dinner Break  
6:30 Open Practice  
7:00 Evaluation – Xtreme Routine  
7:30 Big Bro/Sis  
7:45 Daily Awards/Announcement All American/Coaches Q&A with Big Bro/Sis/H

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### Day 4: Final Day

8:30 Open Practice  
9:00 Final Evaluations: Cheer & Xtreme Routine  
9:30 Camp Champs  
10:15 "Champions on the Field"  
10:45 Mascot Follies (if applicable)  
11:00 Final Awards