

UCA Resort Camp Schedule

Afternoon off - Day 2

Day 1:

9:00-11:00 Check-In / Registration

12:00 Opening Demonstrations

12:30 Line Dance & Game Time Class

1:30 Xtreme Routine Dance Class

2:15 Spotting Seminar/Stunt Qualification

2:30 Stunt Class

3:30 Private Coaching - Sideline

4:00 Dinner Break

6:30 Optional Home Dance & Home Fight Song Evaluation

7:15 Xtreme Routine & Material Review - In Big Bro/Sis groups

7:30 Big Bro/Sis - Safety Awareness/Safety Pledge

8:00 Awards

Coaches Q and A with Big Bro/Sis-bring profile sheets!

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

Day 2

8:30 Warm-up & Game Time Class

9:00 Jump Class

9:30 Stunt Class

10:30 Dance Class - Group A

Private Coaching - Cheer - Group B

11:15 Switch

12:00 Lunch Break - Afternoon Off!

4:15 Optional Elective Classes

Elite Stunts - Timeout Dance - Material Review - Flexibility Class

4:45 Dinner

6:15 Captain's Meeting

6:30 Optional Fight Song

6:45 Evaluations - Cheer

7:15 Stunt Open Workshop

7:45 Jump Off/Material Review

8:00 Big Bro/Sis Q & A / Rally set-up!

8:15 "Beach Bash"

*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 Transitions Class
11:15 Private Coaching Prep for Xtreme Routine w/assigned PVT Coacher
11:30 Lunch Break
1:30 Basket Toss Class (Optional)
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
6:00 Open Practice
6:15 Evaluations - Xtreme Routine
7:00 Big Bro/Sis
7:15 Daily Awards/Announce All American
Coaches Q & A with Big Bro/Sis/Hi

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

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

*Be sure to visit **The Spirit Shop** at the end of camp!