

Sample Schedules

1 day schedule

- 9:00-9:15 Opening Demos/Introductions/Ice breaker
- 9:15-10:00 Cheer Class - (2 groups)
- 10:00-10:45 Dance Class- Group A
 Stunt Class - Group B
- 10:45-11:30 Switch
 Dance Class- Group B
 Stunt Class - Group A
- 11:30-12:15 Lunch Break
- 12:15-1:00 Team UCA - Group A
 Private Coach Cheer - Group B
- 1:00-1:45 Switch
 Team UCA - Group B
 Private Coach Cheer - Group A
- 1:45 - 2:15 Jumps & Kicks Workshop
- 2:15-2:45 Stunts (2 groups)
- 2:45 - 3:00 Review cheers/Dance/Dismissal

DON'T FORGET TO DRINK PLENTY OF H2O!

Sample Schedules

2 day schedule

9:00-9:15	Opening Demos/Introductions/ Ice breaker
9:15-10:00	Cheer Class - (2 groups)
10:00-10:45	Dance Class - Group A Stunt Class - Group B
10:45-11:30	Switch Dance Class - Group B Stunt Class - Group A
11:30-12:15	Lunch Break
12:15-1:00	Team UCA - Group A Private Coach Cheer - Group B
1:00-1:45	Switch Team UCA - Group B Private Coach Cheer - Group A
1:45 - 2:15	Jumps & Kicks Workshop
2:15-2:45	Stunts (2 groups)
2:45 - 3:00	Review cheers/Dance/Dismissal

9:00-9:15	Warm Up/Ice Breakers
9:15-10:00	Cheer Class - (2 Groups)
10:00-10:45	Dance Class - Group A Stunt Class - Group B
10:45-11:30	Switch Dance Class - Group B Stunt Class - Group A
11:30-12:15	Lunch Break
12:15-1:00	Team UCA - Group A Private Coach Dance - Group B
1:00-1:45	Switch Team UCA - Group B Private Coach Dance - Group A
1:45-2:15	Pyramids and Stunting
2:15 - 2:45	Jump Off!
2:45 - 3:00	Performance for Family & Friends! Review/Dismissal