



UCA Summer Camp Schedule

CHRISTIAN CHEERLEADING CAMP

DAY 1

9:00 - 12:00		Check-In Registration	
1:00	All	Opening Demonstrations - Opening Prayer	
1:30	All	Line Dance & Game Time Class	
2:15	All	Xtreme Routine Dance Class	
3:00	All	Spotting Seminar/Stunt Qualification	Introduce Huddle Leaders!
3:15	All	Stunt Class	
4:00	All	FCA Huddle	Receive FCA Supplies
4:30	All	Dinner	
6:00	All	Optional Home Dance & Home Fight Song Evaluation	
6:30	All	Private Coaching - Sideline	
7:00	All	Xtreme Routine & Material Review - In Big Bro/Sis groups	
7:15		Big Bro/Sis - Safety Awareness/Safety Pledge	
7:30	All	Awards	
7:30 - 8:30	All	TEAM meeting	Bring Bible and FCA Notebook
8:30 - 9:30		Huddle time after meeting	

DAY 2

7:00 - 8:00	All	Breakfast
8:15	All	Quiet time - Bring Bibles
8:30	All	Opening Prayer - Warm-up & Game Time Class
9:00	All	Jump Class
9:30	All	Dance Class
10:15	All	Stunt Class
11:00	All	Private Coaching Prep for Cheer w/ assigned PVT Coacher
11:15	All	FCA Huddle

12:00	All	Lunch	
1:15		Captain's Meeting	
1:30	Optional	Optional Fight Song	
1:45	A	Private Coaching - Cheer - Group A	
	B	Huddle group & FCA Circle of Champions - Group B	Testimony Time
2:30	All	Gatorade Break	
2:45	A	Huddle group & FCA Circle of Champions - Group B	Testimony Time
	B	Private Coaching - Cheer - Group A	
3:30	All	Open Practice - Optional	
4:00	All	Evaluations - Cheer	
4:30	All	Jump Off	*4 per squad*
5:00	All	Dinner	
6:15		Elective Classes	
		Elite Stunts - Timeout Dance - Material Review - Flexibility Class	
6:45	All	Stunt Open Workshop	
7:15	All	Material Review/Awards/Closing Prayer	
7:30 - 8:30	All	TEAM meeting	Bring Bibles & Notebooks
8:30 - 9:30	All	Huddle Meetings after TEAM meeting	

Dorm Times:

in Dorm @ 9:30 pm, on Floor 10:00 pm, In Room 10:30 pm, Lights out 11:00 pm!

Breakfast Times: 6:30- 8:00 Am

Don't forget to visit the camp store for the latest Cheer gear!

DAY 3

7:00 - 8:00	All	Breakfast	
8:15	All	Quiet Time - Bring bibles	
8:30	All	Opening Prayer, Warm-up & Game Time Class/Fan Frenzy	
9:00	All	Jump Class	
9:30	All	Stunt Class	
10:30	All	Pyramid/Stunt Transitions Class	
11:00	All	Private Coaching Prep for Xtreme w/assigned PVT Coacher	
11:15	All	FCA Huddle	
12:00	All	Lunch	
1:30	Elite	Basket Toss Class (Optional)	
2:00	All	Elective Classes	
		Elite Stunts - Extra Material - Stunt Technique - Strength & Conditioning Class	

2:30	A	Private Coaching - Xtreme Routine Group A	
	B	C.L.A.S.S & FCA Circle of Champions - Group B	Testimony Time
3:15	All	Gatorade Break	
3:30	A	C.L.A.S.S & FCA Circle of Champions - Group B	Testimony Time
	B	Private Coaching - Xtreme Routine Group A	
4:15	All	All American Tryouts/Material Review	*6 per team or all seniors*
4:45	All	Dinner	
6:15	All	Open Practice	
6:45	All	Evaluation - Xtreme Routine	
7:15	All	Final Review/Awards & Closing Prayer/All Americans Announced	

7:15 - 8:30	All	TEAM Meeting	Bring FCA Bibles and Journals
8:30 - 9:30	All	Huddle Meetings after TEAM Meeting	

DAY 4

Final Day

7:00 - 8:00	All	Breakfast	
8:15	All	Quiet Time	Bring Bibles
8:30	All	Open Practice	
9:00	All	Opening Prayer, Final Evaluations: Cheer & Xtreme Routine	
9:30	All	Camp Champs	
10:15	All	"Champions on the Field"	
10:45	All	Final FCA Huddle	
11:15	All	Final Awards & Closing Prayer!	
12:00	All	Check-Out!	