



UCA Summer Camp Schedule

DAY CHEERLEADING CAMP

4 Day Schedule

Day 1:

- 8:30-9:00 Registration
- 9:00 Opening Demonstration
- 9:15 Line Dance & Game Time Class
- 10:15 Xtreme Routine Dance Class
- 11:00 Spotting Seminar/Stunt Qualification
- 11:15 Stunt Class
- 12:15 Lunch Break
- 1:15 Team UCA / C.L.A.S.S
- 2:00 Optional Home Dance & Home Fight Song Evaluation
- 2:30 Private Coaching - Sideline
- 3:00 Xtreme Routine & Material Review - In Big Bro/Sis groups
- 3:30 Safety Awareness Testing
- 3:45 Awards
- Coaches Q and A with Big Bro/Sis - bring profile sheets!

Day 2

- 9:00 Warm-up, Material Review & Game Time Class
- 9:45 Jump Class
- 10:00 Dance Class
- 10:45 Stunt Class
- 11:45 Private Coaching Prep for Cheer w/assigned PVT Coacher
- 12:00 Lunch Break
- 1:15 Captain's Meeting
- 1:30 Optional Fight Song
- 1:45 Elective Classes
- Elite Stunts - Timeout Dance - Material Review - Flexibility Clas
- 2:15 Private Coaching - Cheer
- 3:00 Evaluations - Cheer
- 3:30 Jump-Off
- 4:00 Material Review, Big Bro/Sis & Awards
- Coaches Q&A With Big Bro/Sis/Head Instructor

Day 3:

- 9:00 Warm-up, Material Review & Game Time Class/Fan Frenzy
- 10:00 Jumps
- 10:15 Stunt Class
- 11:15 Pyramid/Stunt Transitions Class
- 11:45 Private Coaching Prep for Xtreme in Big Bro/Sis
- 12:00 Lunch Break
- 1:30 Elective Classes
Extra Material - All American Review - Strength & Conditioning Class
- 2:00 Private Coaching - Xtreme Routine
- 2:45 Evaluation - Xtreme Routine
- 3:15 All American Tryouts
- 4:00 Material Review, Big Bro/Sis & Awards/ Announce All American
Coaches Q&A with Big Bro/Sis/Hi

Day 4: Final Day

- 9:00 Open Practice
- 9:30 Final Evaluations: Cheer & Xtreme Routine
- 10:15 Optional Camp Champs
- 11:00 Around the Field Review
- 11:30 Final Awards