



UCA Summer Camp Schedule

DAY CHEERLEADING CAMP

3 Day Schedule

Day 1:

- 8:30-9:00 Registration
- 9:00 Opening Demonstration
- 9:15 Line Dance & Game Time Class
- 10:00 Xtreme Routine Dance Class
- 10:45 Spotting Seminar/Stunt Qualification
- 11:00 Stunt Class
- 12:00 Private Coaching Prep for Cheer w/assigned PVT Coacher
- 12:15 Lunch Break
- 1:15 Private Coaching - Cheer
- 2:15 Evaluations - Cheer
- 3:00 Jump-Off!
- 3:15 Xtreme Routine & Material Review - In Big Bro/Sis groups
- 3:45 Safety Awareness Testing
- 4:00 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 Xtreme in Big Bro/Sis
- 12:00 Lunch Break
- 1:15 Captain's Meeting
- 1:30 Optional Fight Song
- 1:45 Elective Classes
Elite Stunts - Timeout Dance - All American Review
- 2:15 Private Coaching - Xtreme Routine
- 3:00 Evaluations - Xtreme Routine
- 3:30 All American Tryouts
- 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
- 9:45 Jumps
- 10:15 Stunt Class
- 11:15 Pyramid/Stunt Transitions Class
- 11:45 Elective Class
- Extra Material - Stunt Review - Material Review - Flexibility Class
- 12:15 Lunch Break
- 1:15 Review Optional Fight Song & Timeout Dance
- 1:30 Open Workshop (Cheer & Xtreme Routine)
- 2:00 Final Evaluations - Cheer & Xtreme Routine
- 2:30 Optional Camp Championship
- 3:00 Dismiss
- 3:30 Big Bro Sis & Final Awards
- 4:00 Dismiss

