



## UCA Summer Camp Schedule

### ELITE CHEERLEADING CAMP

#### Day 1:

- 9:00-12:00 Check-In / Registration
- 1:00 Opening Demonstrations
- 1:30 Line Dance & Game Time Class!
- 2:15 Xtreme Routine Dance Class
- 3:00 Flexibility Class
- 3:15 Spotting Seminar/Stunt Qualification
- 3:30 Stunt Class
- 4:30 Dinner Break
- 6:30 Optional Home Dance & Home Fight Song Evaluation
- 7:15 Private Coaching - Sideline transition for mini-routine
- 7:30 Safety Awareness Testing
- 8:00 Material Review & C.L.A.S.S.
- 8:00 Coaches Reception
- 8:30 Awards
- Coaches Q and A with Big Bro/Sis-bring profile sheets!

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

#### Day 2

- 8:15 Warm up & Team UCA
- 8:45 GameTime Class
- 9:15 Dance Class
- 9:45 Stunt Class
- 10:45 "Stunt Technique & Timing Class"
- 11:15 Private Coaching Prep for Cheer in Big Bro/Sis
- 11:30 Lunch Break
- 1:30 Captain's Meeting
- 1:45 Optional Fight Song
- 2:00 Private Coaching- Cheer- Group A  
C.L.A.S.S & Dance Review - Group B
- 2:45 **Gatorade Break**
- 3:00 Switch
- 3:45 Open Practice

- 4:15 Evaluations - Cheer
- 4:30 Dinner Break
- 6:30 Elective Classes
- Elite Stunts - Stunt Review - Additional Material - Timeout dance
- 7:00 "Strength and Conditioning Class"
- 7:15 Jump Off/Material Review
- 7:45 Summer Splash Pep Rally
- 8:15 Summer Splash Pep Rally

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### **Day 3:**

- 8:15 Warm-up & Game Time Class
- 9:00 Stunt Class
- 9:45 Pyramid/Stunt Transitions Class
- 10:30 Pyramids
- 11:15 Private Coaching Prep for Xtreme Routine
- 11:30 Lunch Break
- 1:30 Basket Toss Class (Optional)
- 2:00 Private Coaching - Xtreme routine - Group A  
TEAM UCA & Dance Review - Group B
- 2:45 Gatorade Break
- 3:00 Switch
- 3:45 All American Tryouts
- 4:30 Dinner Break
- 6:30 Open Practice for Xtreme Evaluation
- 6:45 Evaluation - Xtreme Routine
- 7:30 Open Practice - putting it all together (Xtreme, Sideline Transition, Cheer)
- 8:00 Big Bro/Sis- Team Unity Ceremony
- 8:15 Daily Awards/Announce All American  
Coaches Q&A with Big Bro/Sis/HL

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

### **Day 4: Final Day**

- 8:30 Open Practice
- Final Evaluation on full routine: Xtreme Routine, Sideline Transition & Cheer**
- 9:00
- 9:45 Camp Champs
- 10:15 Around the Field Review
- 10:45 Mascot Follies (if applicable)
- 11:00 Final Awards

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

