



UCA Summer Camp Schedule

TRADITIONAL HOME CHEERLEADING CAMP- 3 DAYS

Day 1

- 8:45-9:00 Registration
- 9:00 Staff Introductions & Ice Breaker
- 9:15 Warm-up & Game Time Class
- 10:00 Jump Class
- 10:15 Spotting Seminar/Stunt Qualification
- 10:30 Stunt Class
- 11:30 Private Coaching Prep for Sideline
- 11:45 Lunch Break
- 1:00 Ice Breaker / Teach Line Dance
- 1:15 Xtreme Routine Dance Class
- 2:00 TEAM UCA / C.L.A.S.S
- 2:30 Private Coaching - Sideline (on Game Field if possible)
- 3:15 Xtreme Routine & Material Review
- 3:30 Jump-Off
- 3:45 Safety Awareness/Safety Pledge
- 4:00 Awards & Dismiss

Day 2

- 9:00 Ice Breaker / Warm-up
- 9:15 Material Review
- 9:30 Game Time Class
- 10:00 Jump Class
- 10:15 Stunt Class
- 11:00 Dance Class
- 11:45 Private Coaching Prep for Cheer
- 12:00 Lunch Break
- 1:15 Captian's Meeting
- 1:30 Optional Fight Song
- 1:45 Stunt Open Workshop
- 2:00 TEAM UCA / C.L.A.S.S
- 2:30 Private Coaching - Cheer
- 3:15 Evaluation - Cheer
- 3:45 Fightsong / Material Review
- 4:00 Awards & Dismiss

Day 3:

- 9:00 Ice Breaker / Warm-up
- 9:15 Material Review
- 9:30 Game Time Class/Fan Frenzy
- 10:00 Stunt Class
- 10:45 Pyramid Class
- 11:15 All American Tryouts
- 11:45 Private Coaching Prep Xtreme Routine
- 12:00 Lunch Break
- 1:15 Ice Breaker / Line Dance
- 1:30 Private Coaching - Xtreme Routine
- 2:15 Evaluation - Xtreme Routine
- 2:45 Final Review of all Camp Material
- 3:00 Break - set up for Camp Showcase!
- 3:15 Camp Showcase for Friends and Family!
- 4:00 Final Awards & Dismiss

