



UCA Summer Camp Schedule

STUNT HOME CHEERLEADING CAMP-1 DAY

Day 1:

- 8:45 Registration
- 9:00 Staff Introductions & Ice Breaker
- 9:15 Warm-up
- 9:30 Xtreme Routine Dance
- 10:00 Spotting Seminar/Stunt Qualification
- 10:15 Stunt Class
- 11:15 Jump Class
- 11:30 Private Coaching - Stunts
- 12:00 Lunch Break
- 1:15 Stunt/Stunt Transition Class
- 2:00 "Stunt Technique & Timing Class"
- 2:30 Team UCA / C.L.A.S.S
- 3:15 Private Coaching - Xtreme Routine
- 4:00 Material Review & Safety Awareness Testing & Awards & Dismiss