



## UCA Summer Camp Schedule

### STUNT HOME CHEERLEADING CAMP- 2 DAYS

#### Day 1:

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

#### Day 2:

- 9:00 Ice Breaker / Warm-up
- 9:15 Xtreme Routine & All American Cheer Review
- 9:30 Jump Class
- 9:45 Stunt Class & Stunt Transitions
- 10:45 "Stretching & Flexibility Class"
- 11:15 Private Coaching - Xtreme Routine with incorporation
- 12:00 Lunch Break
- 1:15 Stunt Sequence #1 or #2 (with music)
- 1:45 TEAM UCA / C.L.A.S.S
- 2:30 Basket Toss Class
- 2:45 Stunt Class
- 3:30 All American Tryouts
- 4:00 Review, Awards & Dismiss