



UCA Summer Camp Schedule

STUNT HOME CHEERLEADING CAMP- 3 DAY

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
- 3:45 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
- 10:30 "Stretching & Flexibility Class" #1
- 11:00 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
- 2:15 Stunt Class
- 3:00 Basket Toss Class
- 3:30 Stunt-Off
- 3:45 Review Stunt Sequence and Material
- 4:00 Awards & Dismiss

Day 3: Final Day

- 9:00 Ice Breaker / Warm-up

9:15 Xtreme Routine & All American Cheer Review
9:30 "Stretching & Flexibility Class" #2
9:45 Private Coaching - "Stunt Sequence to music"
10:30 Break
10:45 All American Tryouts
11:15 Elective Class -
More Stunts OR Material (Timeout Dance, Fight Song, Cheers/sidelines, Hip Hop D:
12:00 Lunch Break
1:15 TEAM UCA / C.L.A.S.S
2:00 Stunt Open Workshop
2:45 Final Review of all Camp Material
3:00 Break - set up for Camp Showcase!
3:15 Camp Showcase for Friends and Family!
3:45 Jump-Off!
4:00 Final Awards & Dismiss

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