



## UCA Summer Camp Schedule

### NON BUILDING CHEERLEADING CAMP

#### Day 1:

- 9:00-12:00 Check-In / Registration
- 1:00 Opening Demonstrations
- 1:30 Line Dance & Game Time Class!
- 2:45 Xtreme Routine Dance Class
- 3:45 Jump/Conditioning Class
- 4:30 Dinner Break
- 6:30 Optional Home Dance & Home Fight Song Evaluation
- 7:15 Private Coaching - Sideline
- 7:45 Safety Awareness Testing for NB
- 8:00 Material Review & Class
- 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

- 8:30 Warm-up & Game Time Class
- 9:30 Jump Class/Conditioning
- 10:00 Dance Class
- 11:00 Private Coaching Prep for Cheer in Big Bro/Sis
- 11:30 Lunch Break
- 1:15 Captain's Meeting
- 1:30 Optional Fight Song /
- 1:45 Elective Classes
- Open Workshop - Additional Material - Timeout dance
- 2:15 Private Coaching - Cheer - Group A
- TEAM UCA / C.L.A.S.S & Dance Review - Group B
- 3:15 Gatorade Break
- 3:30 Switch
- 4:30 Dinner Break
- 6:30 Evaluations - Cheer
- 7:15 Big Bro/Sis Q & A / Rally set up!

- 7:45 Jump Off/Material Review
- 8:00 Summer Splash Pep Rally
- 8:30 Summer Splash Dance Party

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

### **Day 3:**

- 8:30 Warm-up & Team UCA
- 9:15 Game Time Class/Fan Frenzy
- 10:00 Jump Class
- 10:30 Elective Classes  
All American Review - Dance Review - Cheer/Sideline Review - Open Workshop
- 11:00 Private Coaching Prep for Xtreme Routine in Big Bro/Sis
- 11:30 Lunch Break
- 1:30 Private Coaching - Xtreme Routine - Group A  
C.L.A.S.S & Dance Review - Group B
- 2:30 Gatorade Break
- 2:45 Switch
- 3:45 All American Tryouts/Material Review
- 4:30 Dinner Break
- 6:30 Open Practice
- 6:45 Evaluation - Xtreme Routine
- 7:30 Material Review
- 8:00 Big Bro/Sis
- 8:15 Daily Awards/Announce All American  
Coaches Q&A with Big Bro/Sis/Hi

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

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

- 8:30 Open Practice
- 9:00 Final Evaluations: Cheer & Xtreme Routine
- 9:45 Camp Champs
- 10:30 Around the Field Review
- 11:00 Macot Follies (if applicable)
- 11:15 Final Awards

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