



UCA Summer Camp Schedule

OVERNIGHT CAMP

Day 1:

- 9:00-12:00 Check-In / Registration
 - 1:00 Opening Demonstrations
 - 1:30 Line Dance & Game Time Class!
 - 2:30 Xtreme Routine Dance Class
 - 3:15 Spotting Seminar/Stunt Qualification
 - 3:30 Stunt Class
 - 4:30 Dinner Break
 - 6:30 Optional Home Dance & Home Fight Song Evaluation
 - 7:15 Private Coaching - Sideline
 - 7:30 Safety Awareness Testing
 - 8:00 Material Review & C.L.A.S.S.
 - 8:00 Coaches Reception
 - 8:30 Awards
- *Be sure to visit **The Spirit Shop** tonight!

Day 2

- 8:15 Warm-up & Game Time Class
 - 9:30 Stunt Class
 - 11:00 Private Coaching Prep for Cheer w/assigned PVT Coacher
 - 11:30 Lunch Break
 - 1:15 Captain's Meeting
 - 1:30 Optional Fight Song
 - 1:45 Private Coaching - Cheer - Group A
 - Dance review & Hip Hop class
 - 2:30 Gatorade Break
 - 2:45 Switch
 - 3:30 Open Practice
 - 4:00 Evaluations - Cheer
 - 4:30 Dinner Break
 - 6:00 Elective Classes
 - Elite Stunts - Timeout dance - Material - Jump & Flexibility Class
 - 6:30 Stunt Open Workshop
 - 7:00 Big Bro/Sis Q & A / Rally set up!
 - 7:15 Jump Off/Material Review
 - 7:45 Summer Splash Pep Rally
 - 8:15 Summer Splash Dance Party
- *Be sure to visit **The Spirit Shop** tonight!

Day 3:

- 8:15 Warm up & Game Time Class- GAMEDAY!!
- 9:00 Dance Review
- 9:30 Stunts and Pyramids
- 11:15 Private Coaching Prep for Xtreme Routine w/assigned PVT Coacher
- 11:30 Lunch Break
- 1:00 Basket Toss Class / All American review (Optional)
- 1:30 Elective Classes
 - Elite Stunts - Extra Material - Stunt Technique - Strength & Conditioning Class
- 2:00 Private Coaching - Xtreme Routine - Group A
 - C.L.A.S.S/ Open Workshop
- 2:45 Gatorade Break
- 3:00 Switch
- 3:45 All American Tryouts/Material Review
- 4:30 Dinner Break
- 6:30 Open Practice
- 7:00 Evaluation - Xtreme Routine
- 7:30 Big Bro/Sis- Team Unity Ceremony
- 7:45 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
- 9:30 Camp Champs
- 10:15 Around the Field review
- 10:45 Mascot Follies (if applicable)
- 11:00 Final Awards

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