



UCA Summer Camp Schedule

TWO NIGHT CHEERLEADING CAMP

Day 1:

- 9:00-12:00 Check-In / Registration
- 1:00 Opening Demonstrations
- 1:30 Line Dance & Game Time Class (Cheers)
- 2:15 Xtreme Routine Dance Class
- 3:00 Spotting Seminar/Stunt Qualification
- 3:15 Stunt Class
- 4:00 Private Coaching - Cheer
- 4:30 Dinner Break
- 6:00 Optional Home Dance & Home Fight Song Evaluation
- 6:45 Private Coaching - Cheer (session 2)
- 7:15 Evaluation - Cheer
- 7:45 Safety Awareness Testing
- 8:00 Material Review
- 8:00 Big Bro/Big Sis- Team Unity Ceremony
- 8:15 Awards
- Coaches Q and A with Big Bro/Sis - staff bring profile sheets!

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

Day 2

- 8:15 Warm-up & Team UCA
- 8:45 Gametime Class
- 9:30 Stunt Class
- 10:30 Pyramids
- 11:00 Private Coaching Prep for Xtreme Routine
- 11:30 Lunch Break
- 1:15 Captain's Meeting
- 1:30 Optional Fight Song
- 1:45 Elective Classes
- Elite Stunts - Timeout Dance - Hip Hop Dance - Material Review
- 2:15 Private Coaching - Xtreme Routine - Group A
- C.L.A.S.S & Dance Review - Group B
- 3:00 Gatorade Break
- 3:15 Switch
- 4:00 All American Tryouts

- 4:30 Dinner Break
- 6:15 Evaluations - Xtreme Routine
- 7:15 Jump Off/Material Review
- 7:45 Big Bro/Sis Q & A / Rally set up!
- 8:00 Summer Splash Pep Rally
- 8:30 Summer Splash Dance Party

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

Day 3: 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!