



## UCA Summer Camp Schedule

### TWO NIGHT STUNT CHEERLEADING CAMP

#### Day 1:

- 9:00-12:00 Check-In / Registration
- 1:00 Opening Demonstrations
- 1:30 Spotting Seminar/Stunt Qualification
- 1:45 Stunt Class
- 3:00 All American Cheer & Xtreme Routine Dance
- 3:30 Stunt Sequence #1
- 4:00 Stretching & Flexibility Class #1 / Jumps
- 4:30 Dinner Break
- 6:30 Stunt/Stunt Transition Class
- 7:15 "Stunt Technique & Timing Class"
- 7:45 Private Coaching Prep for Xtreme Routine with PVT Coacher
- 8:00 Jump Off!
- 8:15 Safety Awareness Testing
- 8:30 Awards
- Coaches Q and A with Big Bro/Sis-bring profile sheets!

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

#### Day 2

- 8:15 UCA Warm-Up and Strength & Conditioning class
- 8:45 Xtreme Routine & All American Cheer Review
- 9:00 Jump Class
- 9:15 Stunt Class & Stunt Transitions
- 10:15 Pyramid Class
- Private Coaching Prep for "Stunt Sequence to music #1" w/ assigned PVT
- 11:15 Coacher
- 11:30 Lunch Break
- 1:15 Optional Fight Song / Captain's Meeting
- 1:30 Private Coaching - Xtreme Routine - Group A
- TEAM UCA / C.L.A.S.S & Dance Review - Group B
- 2:30 Gatorade Break
- 2:45 Switch
- 3:45 All American Tryouts
- 4:15 Open Practice - "Xtreme Routine to music"
- 4:45 Dinner Break
- 6:30 Evaluations - Xtreme Routine

7:15 Learn "Stunt Sequence #2"  
7:45 Big Bro/Sis  
8:00 Awards  
Coaches Q&A With Big Bro/Sis/Head Instructor

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

### **Day 3: Final Day**

8:30 Open Practice  
9:00 Final Evaluation on full Xtreme Routine  
9:45 Optional Camp Championship  
10:45 Final Awards

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