

UCA OVERNIGHT CAMP SAMPLE SCHEDULE

Day 1: Plan the Pep Rally

9:00-12:00 Check-In / Registration
12:30 New Coaches' Orientation
12:45 Coaches' Meeting with Concierge
1:00 Opening Demonstrations
1:30 Line Dance and Cheer Class
2:15 Xtreme Routine
3:15 Spotting Seminar/Stunt Qualification
3:30 Partner Stunt Class
4:30 Dinner Break
6:15 Optional Home Dance Evaluation
7:00 Sideline Evaluations
7:30 Xtreme Routine Review
7:45 Material Review
8:00 Awards / Big Bro/Sis, Safety Pledge
Coaches Q and A with Concierge
9:00 Time Capsule

Day 2 Publicize the Pep Rally

8:00 Head Cheerleader/Captain Meeting,
Squad Unity Ceremony
8:15 Warm up
8:30 Cheer Class / Jump Class
9:15 Dance Class
10:15 Stunt Class
11:15 Private Coaching Prep
Squad Unity Ceremony
11:30 Lunch Break
1:30 Elective Classes
Dance-Stunts-Material Review
2:15 Private Coaching
3:00 Break
3:15 Dance Review / TEAM UCA
4:00 Open Practice
4:30 Dinner Break
6:00 Cheer Evaluations
6:45 Material Review / Jump Off
7:30 Awards /Big Bro/Sis
Q&A with Concierge
9:00 Club UCA

Day 3: Pep Rally Day

8:00 Head Cheerleader/Captain Meeting
8:15 Heroes Rally!!
8:45 Game Planning Class
9:45 Stunt Class
10:45 Pyramid Class
11:15 Private Coaching Prep
11:30 Lunch Break
1:15 Basket Toss Class (Optional)
1:45 Private Coaching
2:45 Break
3:00 Dance Review / Team UCA
3:30 All American Tryouts
4:30 Dinner Break
6:15 Open Practice
6:30 Game Day/Xtreme Routine Evaluation
7:30 Material Review
7:45 Awards / Big Bro/Sis
Coaches Q&A with Concierge
9:00 Senior Social

Day 4: Final Day

8:30 Open Practice
9:00 Final Evaluations: Cheer & Xtreme
Routine
9:45 Camp Champs
10:30 Optional Camp Star Performance
11:00 Final Review of all Camp Material
11:15 Mascot Follies (if applicable)
11:30 Final Awards