

UCA OVERNIGHT CAMP SAMPLE SCHEDULE

Day 1:

9:00-12:00 Check-In / Registration
1:00 Opening Demonstrations
1:30 Line Dance & Game Time Class!
2:15 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
7:45 Xtreme Routine & Material Review - In Big Bro/Sis groups from Main Stage
8:00 Big Bro/Sis - Safety Awareness/Safety Pledge
8:30 Awards
Coaches Q and A with Big Bro/Sis-bring profile sheets!

Day 2

8:15 Head Cheerleader/Captain Meeting, "Team Time" activity Set Up!
8:30 Line Dance & Game Time Class
9:00 Jump Class
9:30 Dance Class
10:15 Stunt Class
11:15 "Team Time" activity
Private Coaching Prep for Cheer in Big Bro/Sis
11:30 Lunch Break
1:15 Optional Fight Song
1:30 Elective Classes
Elite Stunts - Stunt Review - Additional Material - Timeout dance
2:15 Private Coaching - Cheer - Group A
TEAM UCA / Champions Class & Dance Review - Group B
3:00 Gatorade Break
3:15 Switch
4:00 Open Practice
4:30 Dinner Break
6:15 Evaluations - Cheer
6:45 Stunt Open Workshop
7:15 Jump Off/Material Review
7:45 Big Bro/Sis
8:00 Awards
Coaches Q&A With Big Bro/Sis/Head Instructor

Day 3:

8:00 Head Cheerleader/Captain Meeting
8:15 Line Dance, School Spirit Crazy Day & Game Time Critique
9:00 Game Time Class - Jumps & Band Cadences
9:30 Stunt Class
10:15 Pyramid/Stunt Transitions Class
11:15 Private Coaching Prep for Xtreme Routine in Big Bro/Sis
11:30 Lunch Break
1:30 Basket Toss Class (Optional)
2:00 Private Coaching - Xtreme Routine - Group A
TEAM UCA / Champions Class & Dance Review - Group B
2:45 Gatorade Break
3:00 Switch
3:45 All American Tryouts/Material Review
4:30 Dinner Break
6:30 Open Practice
6:45 Evaluation - Xtreme Routine
7:30 Big Bro/Sis
7:45 Daily Awards/Announce All American
Coaches Q&A with Big Bro/Sis/HL
9:00 Club UCA

Day 4: Final Day

8:30 Open Practice
9:00 Line Dance & 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