

UCA PROGRAM INFORMATION

Our staff is looking forward to working with you at camp this summer. Listed below is general information that will benefit you as you prepare for camp.

The UCA Program is designed to train cheerleaders to be their very best. Each class is professionally conducted by top instructors. The overall emphasis of the program is on concentrated learning in a fun and exciting environment.

Report to camp in good condition. Daily stretching exercises, practicing jumps, and aerobic conditioning will help you avoid potential injuries and soreness. Start now to get in shape for camp!

Throughout the camp, your squad will learn a variety of cheers, sidelines, and dances. You will be privately coached by a UCA instructor on a cheer and the Xtreme routine (a dance plus incorporation). After each private coaching session, you will be evaluated on this material. These are low-pressure evaluations designed to help you get your new material game-ready.

On the final day of camp, your squad has the option to participate in our Camp Championships. All evaluations and the Optional Camp Championships will be conducted according to the safety rules and guidelines set forth by the American Association of Cheerleading Coaches and Administrators (**AACCA**). You can view these safety guidelines at their website: www.aacca.org. Please be sure to read these guidelines carefully. An instructor will be happy to answer any questions you may have.

Daily awards will be presented for achievement, improvement and spirit. At the conclusion of camp, we will present overall awards in several divisions for the entire week.

NOTE: There will be no evaluation of home cheers.

Optional Home Fight Song Evaluation

There will be a Home Fight Song Evaluation in which all interested squads may perform a traditional fight song routine from home. This evaluation is strictly **OPTIONAL** and will occur on the first night of camp unless there is a conflict with facilities.

Fight songs will be evaluated on content, motion technique, and performance. Up to (2) continuous eight counts of the fight song may contain skills (stunts, tumbling and/or jumps). For a complete list of rules and skill restrictions, go to <http://uca.varsity.com/Camps/FAQs>. If you plan to participate in the fight song evaluation, we will furnish a CD player for your use. You may also bring music on an IPOD or MP3 player.

NOTE: For All Star Teams, there will be an Optional Home Routine Evaluation on the first night of camp. For the Home Routine Evaluation, **partner stunts, pyramids and tumbling ARE permitted**. The maximum length of a routine is one minute.

UCA requests that there will be no video taping during actual class instruction; however, you may videotape private coaching, evaluation and other activities during the week.