

UCA TWO NIGHT CAMP SAMPLE SCHEDULE

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 Xtreme Routine & Material Review - In Big Bro/Sis groups
7:45 Big Bro/Sis - Safety Awareness/Safety Pledge
8:00 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 & Game Time Class (Sidelines)
9:00 Jump Class
9:30 Stunt Class
10:30 Pyramids
11:00 Private Prep Coaching 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
TEAM UCA / 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 "Beach Bash"
8:30 Beach Club 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 "Champions on the Field"
- 10:45 Mascot Follies (if applicable)
- 11:00 Final Awards

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