



COLLEGE

spirit camp

2015



cheer



SAFETY IS OUR TOP PRIORITY

Learn and practice how to be safe while executing skills at practices and games. Your squad will take the Safety Awareness Test, cover new AACCA rule changes for 2015, and review stunt, pyramid and basket toss rules for the college level.

The UCA Staff is 100% AACCA certified, which means they have the knowledge to teach your team proper progressions while being safe.

LEARN NEW SKILLS

Learn correct technique from the best in the nation! UCA Staff will help you determine which class level best fits your team.

PARTNER STUNTS – Choose from:

- Coed
- All Girl/Multi-based

PYRAMIDS (based on skill level)

- Basketball Friendly Pyramids
- Beginner College Pyramids
- Advanced Pyramids - Pitches
- Elite - Flipping & Spinning
- Demo Routine Pyramids

BASKET TOSSES –

Choose from:

- Timers & Toe Touches
- Layouts, Pike Opens & Fulls
- Tucks & X-Outs
- Elite Twisting Baskets

UCA COACHES RECEIVE:

- Camp Mix CD
- Material DVD
- Coaches Gift
- The 2015 Advisor/Coaches Manual

UCA COACHES PROGRAM

In partnership with the NCAA, UCA offers the most current and topical, hands-on instruction for coaches and advisors. Through specialized partner stunt instruction with the UCA Staff, and classroom seminars with an array of nationally recognized guest lecturers, UCA has the tools to help coaches and advisors reach even higher levels of expertise and knowledge than they ever expected.

uca.varsity.com





THE UCA STAFF

Hand-picked from the top collegiate cheerleading programs in the country, the UCA Staff is revered as the most knowledgeable and experienced instructors your team can train with. Uniquely qualified to demonstrate the most advanced collegiate techniques, and to teach to any skill level, their one-on-one approach will help you and your squad become your absolute best.

THE UDA STAFF

Selected from the nation's leading college programs, pro dance teams and studios, the UDA Staff is unrivaled in the skills needed to elevate your team to be their very best. They provide unparalleled instruction in technique and original choreography, offering encouragement and confidence to individuals and teams alike.



PRIVATE COACHING

One-on-one private instruction is at the center of everything we do at UCA & UDA College Spirit Camp. Establishing a direct relationship with your team helps us better work with your cheerleaders and dancers to develop challenging, yet achievable goals.



dance

GETTING YOU READY FOR YOUR SEASON

At UDA College Camp, your team will learn everything you need for your season! You will learn a variety of routines for your sidelines, timeouts, halftimes and so much more! Your team will also participate in Game Day Class and Technique Class. Our instruction is team based and has a positive class environment to help build your new team. The UDA Staff will personally guide each team through camp and push you to be your best!

MASTER DANCE CLASSES

Available at select Spirit Camp locations, Master Classes are taught by today's hottest dancers and choreographers from across the country. This unique session is designed to offer a professionally challenging camp class with a touch of added camp fun. Contact UDA to confirm which camp locations offer this special class.

TECHNIQUE CLASSES

Technique is the basis of dance. Strong technique extends across all areas of dance, regardless of style. The UDA Staff will work one-on-one with your team on technique throughout camp.

UDA COACHES RECEIVE:

- Camp Mix CD
- UDA Specialty CD
- Coaches Gift
- The 2015 UDA Coaches Manual

UDA COACHES PROGRAM

UDA Camp isn't just for teams, it's for the coaches too! Coaches have the chance to participate in a variety of coaches classes designed especially for them. Coaches will learn how to help their team work together, review common dance injuries and much more!

GAME DAY STARTS HERE



UCA GAME DAY

UCA's Game Day preparation gets you ready to rule the sidelines! Teams will learn all new interactive cheers, band cadences (including Fight Song), and offense, defense and general sidelines AND receive one-on-one Private Coaching from UCA instructors on all of these elements. You'll be trained on motions, voice, energy, stunts and overall execution. Final Day at UCA College Spirit Camp is GAME DAY! Take a sideline, cheer and band cadence you learned earlier in the week and perform each part for evaluations and trophy placements!

UDA GAME DAY

UDA Game Day Class will get your team ready for the first game! Teams will learn new sideline routines, ways to work with their cheerleaders and how to interact with the crowd. You will be trained on how to project from the sideline, sharpen your motions and execute a great Game Day experience!

NEW FOR 2015! At select locations, UCA & UDA will conduct a spirited cheer and dance Game Day private coaching session! This will focus on achieving a seamless flow between your entire Spirit Program!



MASCOT PROGRAM

Our elite mascot instructors will develop your mascot into a true fan favorite by working directly with your mascot to create energized and crowd pleasing techniques and routines. Through one-on-one evaluations, group activities and overall camp improvement awards, our instructors help your mascot find the confidence and character to further define a grand tradition at your school. Available at all locations.





2015 COLLEGE SPIRIT CAMPS



FOUR DAY CAMPS

TEXAS STATE UNIVERSITY SAN MARCOS, TEXAS

JULY 10 – 13

- **Overnight:** Athlete \$339
Coach \$324
- **Instruction Only:** Athlete/Coach \$189

uca.varsity.com/TexasStateCollegeCamp
uda.varsity.com/TexasStateCollegeCamp

UNIVERSITY OF ALABAMA TUSCALOOSA, ALABAMA

JULY 17 – 20

- **Overnight:** Athlete \$315
Coach \$300
- **Instruction Only:** Athlete/Coach \$189

uca.varsity.com/AlabamaCollegeCamp
uda.varsity.com/AlabamaCollegeCamp

EAST TN STATE UNIVERSITY JOHNSON CITY, TENNESSEE

JULY 23 – 26

- **Overnight:** Athlete \$315
Coach \$300
- **Instruction Only:** Athlete/Coach \$189

uca.varsity.com/EastTennesseeCollegeCamp
uda.varsity.com/EastTennesseeCollegeCamp

WISCONSIN RESORT CAMP WISCONSIN DELLS, WISCONSIN

JULY 30 – AUGUST 2

- 8 per room per person \$333
- 7 per room per person \$347
- 6 per room per person \$365
- 5 or less, for pricing please call:
1.888.CHEERUCA or 1.800.DANCEUDA
- **Instruction Only:** Athlete/Coach \$190

uca.varsity.com/WisconsinResortCollegeCamp
uda.varsity.com/WisconsinResortCollegeCamp

UNIVERSITY OF SCRANTON SCRANTON, PENNSYLVANIA

AUGUST 6 – 9

- **Overnight:** Athlete \$329
Coach \$314
- **Instruction Only:** Athlete/Coach \$189

uca.varsity.com/ScrantonCollegeCamp
uda.varsity.com/ScrantonCollegeCamp

UC-SANTA BARBARA (UCSB) SANTA BARBARA, CALIFORNIA

AUGUST 12 – 15

- **Overnight:** Athlete \$344
Coach \$329
- **Instruction Only:** Athlete/Coach \$189

uca.varsity.com/SantaBarbaraCollegeCamp
uda.varsity.com/SantaBarbaraCollegeCamp

*Early arrival allows teams the option to check in one day prior to the start of camp. No extra meals are included with this option. Campus pricing is \$40 per individual. Call for Resort Camp early arrival pricing.

Call **1.888.CHEERUCA** or **1.800.DANCEUDA** for details



UCA and UDA College Spirit Camps continue to deliver everything you need to develop your college spirit team to be their best!





HOME CAMPS

Bring UCA & UDA College Spirit Camps to your university with tailored instruction for your team's skill level. Focus on your squad's needs- Game Day, Safety Training, Fundamentals, Technique and more with instruction from an experienced UCA & UDA College Spirit Camp instructor. Contact John White, the Director of College Programs, at jwhite@varsity.com or your State Director to register for a UCA & UDA College Spirit Home Camp today!

**Limited dates available.*

THREE DAY CAMPS

MISSOURI STATE UNIVERSITY SPRINGFIELD, MISSOURI

JULY 25 – 27

- **Overnight:** Athlete \$278
Coach \$263
- **Instruction Only:** Athlete/Coach \$169

uca.varsity.com/MissouriStateCollegeCamp
uda.varsity.com/MissouriStateCollegeCamp

WESTERN CT STATE UNIVERSITY DANBURY, CONNECTICUT

JULY 31 – AUGUST 2

- **Overnight:** Athlete \$294
Coach \$279
- **Instruction Only:** Athlete/Coach \$169

uca.varsity.com/WesternConnecticutCollegeCamp
uda.varsity.com/WesternConnecticutCollegeCamp

IDAHO RESORT CAMP COEUR D'ALENE, IDAHO

AUGUST 5 – AUGUST 7

- 4 per room per person \$305
- 3 per room per person \$325
- 2 per room per person \$363
- 1 per room per person \$481
- **Instruction Only:** Athlete/Coach \$170

uca.varsity.com/IdahoResortCollegeCamp
uda.varsity.com/IdahoResortCollegeCamp

**Early arrival allows teams the option to check in one day prior to the start of camp. No extra meals are included with this option. Campus pricing is \$40 per individual. Call for Resort Camp early arrival pricing.*

Call **1.888.CHEERUCA** or **1.800.DANCEUDA** for details



For more information or to register for camp, contact your
State Director or local Varsity Rep.





2016 UCA & UDA

COLLEGE CHEERLEADING AND DANCE TEAM NATIONAL CHAMPIONSHIP

JANUARY 15-17

Cheerleaders, dancers, mascots and fans alike enjoy the world's largest College Cheerleading and Dance Team National Championship. With over 50 hours of UCA & UDA cheerleading and dance nationally televised for 2015, we offer worldwide recognition for your cheerleaders, dancers and mascots.



NATIONALLY TELEvised ON



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