



# 2018 TRADITIONAL OVERNIGHT

## THREE DAY CAMP SCHEDULE

DAY 1		DAY 2		DAY 3	
9:00 am - 12:00 pm	Registration		<i>Breakfast</i>		<i>Breakfast</i>
1:00 pm	Opening Staff Demo: It's Go Time!	8:00 am	Captains' Leadership Training / First Time Coaches' Meeting	8:30 am	*Elective Classes
1:30 pm	Spirit Prop Workshop & Game Day Cheer Class / Coaches' Meeting #1	8:15 am	Big Brother / Big Sister Check-In & Material Review / Coaches' Meeting #2	9:00 am	Practice Time
2:00 pm	Dance Class – Rally Routine	8:30 am	Game Day Cheer Class, Band Chant, & Jump Class	9:30 am	Rally Routine Championship
2:30 pm	Safety Awareness	9:30 am	Group A – Cheer Private Coaching / Evaluation	10:15 am	Game Day Championships
2:45 pm	Stunt Class		Group B – Dance Class	11:00 am	Squad Credentialing Presentation
4:00 pm	UCA Staff Sideline Demonstration		Group A – Dance Class	11:15 am	Meet the UCA Staff
4:05 pm	Situational Sideline Private Coaching		Group B – Cheer Private Coaching / Evaluation	11:20 am	Final Awards & Pin It Forward
4:30 pm	<i>Dinner</i>	10:30 am			
6:15 pm	Pyramid Class	11:30 am	<i>Lunch</i>		<b>Elective Classes:</b>
6:45 pm	Sideline Stunts	1:00 pm	All-American Set Up / Material Review / Coaches' Stunt Workshop #2		*New Stunts
7:15 pm	Leadership Launch & Class Yells / Coaches' Stunt Workshop #1	1:15 pm	All-American Tryouts		*Motion Technique Class
7:30 pm	UCA Staff Cheer Demonstration	2:00 pm	Personalized Pyramid Class		*Additional Material
7:35 pm	Cheer Private Coaching Prep	2:30 pm	Group A – Rally Routine Private Coaching / Evaluation		*Practice Time with Coach
7:50 pm	Big Brother / Big Sister		Group B – Team Unity / Squad Credentialing		*Basket Toss Class ( <i>must have extension pop cradle to qualify</i> )
8:00 pm	Coaches' Goal Setting / St. Jude Letters & School Pride Poster Decoration	3:30 pm	Group A – Team Unity / Squad Credentialing		
8:15 pm	Daily Awards		Group B – Rally Routine Private Coaching / Evaluation		
		4:30 pm	<i>Dinner</i>		
		6:00 pm	UCA Staff Game Day Demonstration		
		6:05 pm	Game Day Practice		
		6:30 pm	Big Brother / Big Sister: Mission Accomplished!		
		7:00 pm	Jump Off		
		7:30 pm	Space Jam Rally!		
		8:00 pm	Daily Awards & Pin It Forward		
		8:15 pm	Final Coaches' Q&A		

