



# 2018 DAY CAMP SCHEDULE

## FOUR DAYS

DAY 1		DAY 2		DAY 3		DAY 4	
9:00 am - 12:00 pm	Registration		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>
9:00 am	Opening Staff Demo: It's Go Time!	8:45 am	Captains' Leadership Training / First Time Coaches' Meeting	8:45 am	Senior Social	9:00 am	Big Brother / Big Sister Check-In & Material Review / Final Coaches' Q&A
9:15 am	Spirit Prop Workshop & Game Day Cheer Class / Coaches' Meeting #1	9:00 am	Big Brother / Big Sister Check-In & Material Review / Coaches' Meeting #2	9:00 am	Big Brother / Big Sister Check-In & Material Review / Coaches' Meeting #3 – <i>Powered By Spirit Works</i>	9:30 am	Rally Routine Private Coaching
10:00 am	Dance Class – Rally Routine	9:15 am	Game Day Cheer Class & Band Chant	9:30 am	Stunt Class	10:30 am	Elective Classes*
11:00 am	Safety Awareness	9:45 am	Cheer Private Coaching	10:30 am	Personalized Pyramid Class	11:30 am	Space Jam Rally
11:15 am	Stunt Class	10:45 am	Jump Class & Squad Credentialing	11:30 am	UCA Staff Game Day Demonstration		
12:15 pm	Lunch	11:30 am	Game Day Traditions	11:35 am	Game Day Practice	12:15 pm	Lunch
1:15 pm	UCA Staff Sideline Demonstration	12:00 pm	<i>Lunch</i>	12:15 pm	<i>Lunch</i>	1:15 pm	Rally Routine Evaluations
1:20 pm	Situational Sideline Private Coaching	1:00 pm	Cheer Evaluations	1:15 pm	All-American Set Up / Material Review / Coaches' Stunt Workshop #2	1:45 pm	Team Unity & Squad Credentialing
2:00 pm	Pyramid Class	1:30 pm	Stunts & Pyramids	1:30 pm	All-American Tryouts	2:15 pm	Big Brother / Big Sister: Mission Accomplished!
2:45 pm	Leadership Launch & Class Yells / Coaches' Stunt Workshop #1	2:30 pm	Dance Class	2:00 pm	Practice Time with Coach & Gatorade Break	2:30 pm	Practice Time
3:15 pm	UCA Staff Cheer Demonstration	3:30 pm	Jump Off	2:15 pm	Elective Classes*	2:45 pm	Rally Routine Championship
3:20 pm	Cheer Private Coaching Prep	3:45 pm	Daily Awards	3:00 pm	Sideline Stunts	3:15 pm	Game Day Championships
3:30 pm	Coaches' Goal Setting / St. Jude Letters & School Pride Poster Decoration			3:30 pm	Rally Routine Private Coaching Prep	3:45 pm	Squad Credentialing Presentation, Meet the UCA Staff & Final Awards
3:45 pm	Daily Awards			3:45 pm	Daily Awards		

### Elective Classes:

- \*New Stunts
- \*Motion Technique Class
- \*Additional Material
- \*Practice Time with Coach
- \*Basket Toss Class (*must have extension pop cradle to qualify*)

