



2018 RESORT CAMP SCHEDULE

ONE NIGHT OFF!

| DAY 1 | | DAY 2 | | DAY 3 | | DAY 4 | |
|--------------------|---|----------|---|----------|---|----------|----------------------------------|
| 9:00 am - 12:00 pm | Registration | | <i>Breakfast</i> | | <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 | 8:15 am | Senior Social, Big Brother / Big Sister Check-In & Material Review / Coaches' Meeting #3 – <i>Powered By Spirit Works</i> | 9:00 am | Practice Time |
| 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 | 8:45 am | Stunt Class | 9:30 am | Rally Routine Championship |
| 2:00 pm | Dance Class – Rally Routine | 8:30 am | Game Day Cheer Class & Band Chant | 9:30 am | Personalized Pyramid Class | 10:15 am | Game Day Championships |
| 2:30 pm | Safety Awareness | 9:15 am | Group A – Cheer Private Coaching | 10:15 am | Group A – Rally Routine Private Coaching | 11:00 am | Squad Credentialing Presentation |
| 2:45 pm | Stunt Class | 10:00 am | Group B – Game Day Traditions & Squad Credentialing | 11:00 am | Group B – Team Unity & Squad Credentialing | 11:15 am | Meet the UCA Staff |
| 4:00 pm | UCA Staff Sideline Demonstration | 10:45 am | Group A – Game Day Traditions & Squad Credentialing | 11:45 am | Group A – Team Unity & Squad Credentialing | 11:20 am | Final Awards & Pin It Forward |
| 4:05 pm | Situational Sideline Private Coaching | 10:50 am | Group B – Cheer Private Coaching | | Group B – Rally Routine Private Coaching | | |
| 4:30 pm | <i>Dinner</i> | 11:30 am | UCA Staff Game Day Demonstration | | | | |
| 6:15 pm | Pyramid Class | 11:50 am | Game Day Practice | | | | |
| 7:00 pm | Leadership Launch & Class Yells / Coaches' Stunt Workshop #1 | | <i>Lunch</i> | | | | |
| 7:25 pm | UCA Staff Cheer Demonstration | 1:15 pm | Cheer Evaluations | 1:30 pm | Rally Routine Evaluations | | |
| 7:30 pm | Cheer Private Coaching Prep | 1:45 pm | Group A – Dance & Jump Class | 2:15 pm | All-American Set Up / Material Review / Coaches' Stunt Workshop #2 | | |
| 7:45 pm | Big Brother / Big Sister | 2:45 pm | Group B – Stunts & Pyramids | 2:45 pm | All-American Tryouts | | |
| 8:00 pm | Coaches' Goal Setting / St. Jude Letters & School Pride Poster Decoration | 3:45 pm | Group A – Stunts & Pyramids | 3:30 pm | Gatorade Break | | |
| 8:15 pm | Daily Awards | 4:00 pm | Group B – Dance Class & Jump Class | 3:45 pm | Sideline Stunts | | |
| | | 3:45 pm | Rally Routine Private Coaching Prep | 4:30 pm | <i>Dinner</i> | | |
| | | 4:00 pm | Jump Off & Daily Awards | 6:30 pm | Big Brother / Big Sister: Mission Accomplished! | | |
| | | 4:30 pm | <i>Dinner</i> | 6:45 pm | *Elective Classes | | |
| | | | <i>Evening Off!</i> | 7:15 pm | Space Jam Rally | | |
| | | | | 7:45 pm | Daily Awards & Pin It Forward | | |
| | | | | 8:00 pm | Final Coaches' Q&A | | |

Elective Classes:

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

