



2018 STUNT CAMP SCHEDULE

FOUR DAY

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!	8:15am	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> Stunt Class	9:00 am	Practice Time
1:30 pm	Spirit Prop Workshop & Game Day Class – All-American Cheer / Coaches' Meeting #1	8:30 am	Big Brother / Big Sister Check-In & Coaches' Meeting #2	8:45 am	Stunt Class	9:30 am	Rally Routine Championship
1:45 pm	Dance Class – Rally Routine	8:45 am	All-American Cheer & Rally Routine Review	10:00 am	Group A – Stunt Sequence #2 Private Coaching	10:30 am	Optional Cheer / Home Chant Showcase
2:15 pm	Safety Awareness	9:00 am	Stunts & Traditions	10:45 am	Group B – Team Unity	11:00 am	Squad Credentialing Presentation
2:30 pm	Stunt Class	10:15 am	Gatorade Break		Group A – Team Unity	11:15 am	Meet the UCA Staff
3:15 pm	Group A – Private Coaching (All-American Cheer or Traditional Home Chant)	10:30 am	Pyramid Class		Group B – Stunt Sequence #2 Private Coaching	11:20 am	Final Awards & Pin It Forward
4:00 pm	Group B – Stretching and Flexibility & Game Day Traditions	11:30 am	<i>Lunch</i>	11:30 am	<i>Lunch</i>	Elective Classes:	
	Group A – Stretching and Flexibility & Game Day Traditions	1:30 pm	Group A – Stunt Sequence #1 Private Coaching	1:15 pm	All-American Set Up / Material Review / Coaches' Stunt Workshop #2	*New Stunts	
	Group B – Private Coaching (All-American Cheer or Traditional Home Chant)	2:30 pm	Group B – Jump Class & Squad Credentialing	1:30 pm	All-American Tryouts	*Motion Technique Class	
4:45 pm	<i>Dinner</i>	2:45 pm	Break	2:15 pm	Stunt Sequence #2 Evaluations	*Additional Material	
6:30 pm	Stunt & Pyramid Class		Group A – Jump Class & Squad Credentialing	2:45 pm	Group A – Putting It All Together Private Coaching	*Practice Time with Coach	
7:30 pm	Leadership Launch & Class Yells / Coaches' Stunt Workshop #1	3:45 pm	Group B – Stunt Sequence #1 Private Coaching		Group B – Strength and Conditioning Class & Squad Credentialing	*Basket Toss Class (<i>must have extension pop cradle to qualify</i>)	
8:00 pm	Big Brother / Big Sister	4:30 pm	*Elective Classes	3:30 pm	Group A – Strength and Conditioning Class & Squad Credentialing		
8:15 pm	Coaches' Goal Setting / St. Jude Letters & School Pride Poster Decoration		<i>Dinner</i>	4:15 pm	Group B – Putting It All Together Private Coaching		
8:30 pm	Daily Awards	6:15 pm	Stunt Sequence #1 Evaluations	4:45 pm	Sideline Stunts		
		6:45 pm	Personalized Pyramid Class		<i>Dinner</i>		
		7:30 pm	Jump Off	6:30 pm	Rally Routine Evaluations		
		8:00 pm	Stunt Off	7:00 pm	Big Brother / Big Sister: Mission Accomplished!		
		8:30 pm	Daily Awards	7:30 pm	Space Jam Rally		
				8:00 pm	Daily Awards & Pin It Forward		
				8:15 pm	Final Coaches' Q&A		

