



2018 TRADITIONAL OVERNIGHT

FOUR DAY CAMP SCHEDULE

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!	8:15 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	8:30 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	8:45 am	Game Day Cheer Class & Band Chant	9:30 am	Personalized Pyramid Class	10:15 am	Game Day Championships
2:30 pm	Safety Awareness	9:30 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	10:30 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	11:30 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		Group B – Cheer Private Coaching		Group B – Rally Routine Private Coaching		
4:30 pm	<i>Dinner</i>		<i>Lunch</i>		<i>Lunch</i>		
6:15 pm	Pyramid Class	1:15 pm	Cheer Evaluations	1:30 pm	Rally Routine Evaluations		Elective Classes:
7:00 pm	Leadership Launch & Class Yells / Coaches' Stunt Workshop #1	2:00 pm	Group A – Dance & Jump Class	2:15 pm	All-American Set Up / Material Review / Coaches' Stunt Workshop #2		*New Stunts
7:25 pm	UCA Staff Cheer Demonstration	3:15 pm	Group B – Stunts & Pyramids	2:45 pm	All-American Tryouts		*Motion Technique Class
7:30 pm	Cheer Private Coaching Prep	4:30 pm	Group A – Stunts & Pyramids	3:30 pm	Gatorade Break		*Additional Material
7:45 pm	Big Brother / Big Sister		Group B – Dance & Jump Class	3:45 pm	Sideline Stunts		*Practice Time with Coach
8:00 pm	Coaches' Goal Setting / St. Jude Letters & School Pride Poster Decoration	6:30 pm	<i>Dinner</i>	4:30 pm	<i>Dinner</i>		*Basket Toss Class (<i>must have extension pop cradle to qualify</i>)
8:15 pm	Daily Awards	6:35 pm	UCA Staff Game Day Demonstration	6:30 pm	Big Brother / Big Sister: Mission Accomplished!		
		7:15 pm	Game Day Practice	6:45 pm	*Elective Classes		
		7:30 pm	Rally Routine Private Coaching Prep	7:15 pm	Space Jam Rally		
		7:30 pm	Jump Off	7:45 pm	Daily Awards & Pin It Forward		
		8:00 pm	Daily Awards	8:00 pm	Final Coaches' Q&A		

