	2014 LICA OVERNICHT CAAAR SAAARIE SCHERIILE	
	2014 UCA OVERNIGHT CAMP SAMPLE SCHEDULE	
<u>Day 1:</u>	"Homecoming Kick-Off - Spirit Day"	
9:00-12:00	Check-In / Registration	
1:00	Opening Demonstrations	
1:30	Game Day Class / Custom Sideline Instruction *Coaches Meeting #	1
2:15	Xtreme Routine Dance Class	
3:00	Safety Awareness/Spotting Seminar/Stunt Qualification	
3:30	Stunt Class	
4:30	Dinner Break	
6:00	Optional Home Dance & Home Fight Song Evaluation	
7:00	Sign, Pom, & Cheer seminar - "Bring your School SIGNS & Poms, etc"	
7:15	Sideline Private Coaching	
8:00	Sideline Evaluation	
8:30	Night Activity w/Big Bro-Big Sis - Make up your "Class Yell"	
8:45	Material Review	
9:00	Awards	
	*Be sure to visit The Spirit Shop tonight!	
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<u>Day 2</u>	"Leaving Your Legacy" (FR, SO, JR, SR)	
0.15	Warran up 9 Caran Day Class	<u> </u>
8:15	Warm-up & Game Day Class *Coaches Meeting	#2
9:15	Dance Class- Hip Hop	
9:45	Stunts and Baskets	
11:15	Private Coaching Prep for Cheer	
11:30	Lunch Break	
1:15	Coaches Stunt Workshop/*Captain's Meeting /Optional Fight Song	
	(*Captain's Meeting - teach them principals of the sport they cheer for)	
1:45	Group A - Private Coaching - Cheer	
	Group B - Team UCA (Social Media Seminar - "Positively Promoting Spirit")	
2:30	Gatorade Break	
2:45	Switch groups	
3:30	Open Practice	
4:00	Evaluations - Cheer	
4:30	Dinner Break	
6:30	Elective Classes	
	Elite Stunts - Stunt Wkshp - Timeout dance - Jump & Flexibility Class	
7:15	Private Coaching Prep for Xtreme	
7:45	Jump Off / Material Review	
8:15	Awards	
8:30	Night Activity w/Big Bro-Big Sis - "Senior Recognition & Legacy"	
	Team Unity Ceremony	
8:30		
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