

2014 UCA OVERNIGHT CAMP SAMPLE SCHEDULE	
Day 1:	"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!
Day 2	"Leaving Your Legacy" (FR, SO, JR, SR)
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"
8:45	Team Unity Ceremony
	*Be sure to visit The Spirit Shop tonight!
Day 3:	"Homecoming Rally"
8:15	Warm up/ Hip Hop Class *Coaches Meeting #3
9:00	Stunts and "Custom Pyramid Class"
10:15	Group A - Private Coaching- Xtreme Routine Group B - Team UCA and Xtreme Review
11:00	Switch groups
11:45	Lunch
1:30	Open Practice
2:00	Xtreme Evaluations
2:45	Gatorade Break
3:00	Elective Classes Elite Stunts - Extra Material - Stunt Technique - All American Practice - Cheer Fitness Class
3:30	All American Tryouts
4:30	Dinner Break
6:15	Game Day Class
6:45	Game Day Practice/Informal evaluation
7:15	Homecoming Rally! (Bring Trash bags, Scissors & Yarn)
8:00	TEAM TIME - private time with Big Bro-Big Sis to work on anything that you want
8:30	Daily Awards/Announce All Americans
	*Be sure to visit The Spirit Shop tonight!
Day 4: Final Day	
	Open Practice
8:45	Xtreme Routine Competition or Evaluation
9:15	Game Day Set Up
10:00	Game Day Championships
10:15	Mascot Folies (if applicable)
11:00	Final Awards
	*Be sure to visit The Spirit Shop at the end of camp!