

2014 UCA RESORT CAMP SAMPLE SCHEDULE - 1 afternoon off

Day 1:	"Homecoming Kick-Off - Spirit Day"	
9:00-11:00	Check-In / Registration	
12:00	Opening Demonstrations - Bring your signs and poms - you will need them at 3:30!	
12:30	Game Day Class / Custom Sideline Instruction	*Coaches Meeting #1
1:15	Xtreme Routine Dance Class	
2:00	Safety Awareness/Spotting Seminar/Stunt Qualification	
2:30	Stunt Class	
3:30	Sign, Pom, & Cheer seminar - "Bring your School SIGNS & Poms, etc"	
3:45	Sideline Private Coaching	
4:30	Dinner Break	
6:30	Optional Home Dance & Home Fight Song Evaluation	
7:15	Sideline Evaluation	
7:45	Night Activity w/Big Bro-Big Sis - Make up your "Class Yell"	
8:00	Material Review	
8:15	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
9:00	Dance Class - Hip Hop	
9:30	Stunts and Baskets	
10:30	Group A - Private Coaching - Cheer	
	Group B - Team UCA (<i>Social Media Seminar - "Positively Promoting Spirit"</i>)	
11:15	Group A - Team UCA (<i>Social Media Seminar - "Positively Promoting Spirit"</i>)	
	Group B - Private Coaching - Cheer	
12:00	Lunch Break	
	AFTERNOON OFF - ENJOY THE SUN & FUN!	
4:30	Dinner Break - Bring your Yarn back after dinner!	
6:00	Open Practice - get ready for evaluations	
6:15	Cheer Evaluations	
7:00	Elective Classes	
	Elite Stunts - Stunt Wkshp - Timeout dance - Jump & Flexibility Class - Optional Fight Song	
7:30	Private Coaching Prep for Xtreme	
7:45	Jump Off / Material Review	
8:00	Awards	
8:15	Activity w/Big Bro-Big Sis - "Senior Recognition & Legacy"	
8:30	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 " <i>Custom Pyramid Class</i> "	
10:15	Group A - Private Coaching- Xtreme Routine	
	Group B - Team UCA and Xtreme Review	
11:00	Group A - Team UCA and Xtreme Review	
	Group B - Private Coaching- Xtreme Routine	
11:45	Lunch	
1:30	Open Practice	
2:00	Xtreme Routine Evaluations	

2:45	Gatorade Break
3:00	Elective Classes
	Elite Stunts - Extra Material - Stunt Technique - All American Practice - <i>Cheer Fitness Class</i>
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:
8:00	TEAM TIME - <i>private time with Big Bro-Big Sis to work on anything that you want</i>
8:30	Daily Awards/Announce All Americans
	*Be sure to visit The Spirit Shop tonight!
	<u>Day 4: Final Day</u>
8:15	Open Practice
8:45	Xtreme Routine Competition or Evaluation
9:15	Game Day Set Up
10:00	Game Day Championships
10:15	Mascot Follies (if applicable)
11:00	Final Awards
	*Be sure to visit The Spirit Shop at the end of camp!