



2021 Traditional Overnight Camp Schedule

DAY 1		DAY 2		DAY 3		DAY 4	
9:00 am - 12:00 pm	<i>Registration</i>		<i>Breakfast</i>		<i>Breakfast</i>		<i>Breakfast</i>
1:00 pm	Opening Staff Demo: <i>It's Showtime!</i>	8:30 am	Coaches' Meeting #2 / Big Brother Big Sister Check-In & Game Day Class: Band Chant & General Sidelines	8:30 am	Coaches' Meeting #3 / Big Brother Big Sister Check-In & Game Day Class: Fan Chants!	9:00 am	Team Time: Big Brother Big Sister Camp Routine Championship
1:30 pm	Coaches' Meeting #1 / Spirit Prop Workshop & Game Day Class: Sidelines	9:30 am	Group A – Cheer Private Coaching Group B – FNL Frenzy & Squad Credentialing	9:15 am	Group A - Game Day Private Coaching Group B – Team UCA & Material Review	9:30 am	Camp Routine Championship
2:00 pm	Camp Dance	10:30 am	Group A – FNL Frenzy & Squad Credentialing Group B – Cheer Private Coaching	9:45 am	Group A – Team UCA & Material Review Group B – Game Day Private Coaching	10:15 am	Game Day Championships
2:30 pm	Safety Awareness	11:30 am	<i>Lunch</i>	10:15 am	Stunt Class	11:00 am	Squad Credentialing Presentation
2:45 pm	Stunt Class	1:15 pm	Captains' Leadership Training / Coaches' Stunt Workshop #2	11:30 am	<i>Lunch</i>	11:15 am	<i>Who's Who: Meet the UCA Staff</i>
4:00 pm	UCA Staff Sideline Demonstration	1:30 pm	Cheer Evaluations	1:30 pm	Group A – Camp Routine Private Coaching Group B – Team Unity & Squad Credentialing	11:20 am	Final Awards & Pin It Forward
4:05 pm	Group A – Situational Sideline Private Coaching Group B – Squad Leadership Training & St. Jude Letters	1:55 pm	UCA Staff Game Day Demonstration	2:15 pm	Group A – Team Unity & Squad Credentialing Group B – Camp Routine Private Coaching	Elective Classes:	
4:30 pm	<i>Dinner</i>	2:00 pm	Group A – Game Day Practice & Team UCA Group B – Stunts & Pyramids	3:00 pm	*Elective Classes	*Fight Song Critique	
6:15 pm	Group A – Squad Leadership Training & St. Jude Letters Group B – Situational Sideline Private Coaching	2:00 pm	Group A – Game Day Practice & Team UCA Group B – Stunts & Pyramids	3:45 pm	All-American Set Up	*Fight Song	
6:40 pm	Pyramid Class	3:15 pm	Group A – Stunts & Pyramids Group B – Game Day Practice & Team UCA	4:00 pm	All-American Tryouts	*Timeout Dance	
7:30 pm	UCA Staff Cheer Demonstration	4:30 pm	<i>Dinner</i>	4:30 pm	<i>Dinner</i>	*Additional Material	
7:35 pm	Game Day Class: Cheers	6:15 pm	Group A – Personalized Pyramids & Camp Routine Private Coaching Prep Group B – Stretching, Flexibility & Jumps	6:15 pm	Camp Routine Evaluations	*Stunt Workshop	
7:50 pm	Cheer Private Coaching Prep	7:00 pm	Group A – Stretching, Flexibility & Jumps Group B – Personalized Pyramids & Camp Routine Private Coaching Prep	6:45 pm	Sideline Stunts	*Basket Toss Class	
8:15 pm	Material Review / Coaches & Captains' Stunt Workshop & Goal Setting	7:45 pm	<i>Spotlight On: Jump Off</i>	7:20 pm	<i>Intermission: Gatorade Break</i>		
8:30 pm	Big Brother Big Sister & Daily Awards	8:15 pm	Big Brother Big Sister & Daily Awards	7:30 pm	<i>Spirit Night!</i>		
				8:15 pm	Daily Awards & Pin It Forward		
				8:30 pm	Final Coaches' Q&A		

SPOTLIGHT ON SPIRIT

