



# UCA 2013 Summer Camps

[uca.varsity.com](http://uca.varsity.com)

## 2013 UCA OVERNIGHT CAMP SAMPLE SCHEDULE

### Day 1:

- 9:00-12:00 Check-In / Registration
- 1:00 Opening Demonstrations
- 1:30 Line Dance & GameDay Class!
- 2:30 Xtreme Routine Dance Class
- 3:15 Spotting Seminar/Stunt Qualification
- 3:30 Stunt Class
- 4:30 Dinner Break
- 6:30 Optional Home Dance & Home Fight Song Evaluation
- 7:30 Safety Awareness Testing & **More than a Sport**
- 8:00 Material Review & C.L.A.S.S.
- 8:00 Coaches Reception
- 8:30 **Sign, Pom, & Cheer seminar**  
Awards

\*Be sure to visit The Spirit Shop tonight!

### Day 2:

- 8:15 Warm-up & GameDay Class
- 9:15 Dance Class- Hip Hop
- 9:45 Stunts and **Baskets**
- 11:15 Private Coaching Prep for Cheer w/PVT Coacher
- 11:30 Lunch Break
- 1:15 Captain's Meeting/**Coaches Stunt Q&A** /Optional Fight Song
- 1:45 Private Coaching - Cheer - Group A  
Team UCA- Group B
- 2:30 Gatorade Break
- 2:45 Switch
- 3:30 Open Practice
- 4:00 Evaluations - Cheer
- 4:30 Dinner Break
- 6:30 Elective Classes  
Elite Stunts - **Stunt Wkshp** - Timeout dance - Material - Jump & Flexibility Class
- 7:00 Big Bro/Sis Q & A / Rally set up!
- 7:15 Jump Off/Material Review
- 7:45 Summer Flashback Pep Rally
- 8:15 Retro Dance Party

\*Be sure to visit The Spirit Shop tonight!

### Day 3:

- 8:15 Warm up & **GAMEDAY** class
- 9:00 Dance Review
- 9:30 Stunts and Pyramids
- 11:00 Private Coaching Prep for Xtreme Routine w/PVT Coacher
- 11:30 Lunch Break
- 1:15 Elective Classes  
Elite Stunts - Extra Material - Stunt Technique - Pep Rally ideas
- 1:45 Private Coaching - Xtreme Routine - Group A  
Team UCA/ Open Workshop- Group B
- 2:40 Gatorade Break
- 2:45 Switch
- 3:45 All American Tryouts/Material Review

4:30 Dinner Break  
6:30 Open Practice  
7:00 Evaluation - Xtreme Routine  
7:30 Big Bro/Sis- Team Unity Ceremony  
7:45 Daily Awards/Announce All Americans  
Coaches Q&A with Big Bro/Sis/Hi

\*Be sure to visit The Spirit Shop tonight!

**Day 4: Final Day**

8:45 Open Practice  
9:15 Xtreme Routine Competition or Evaluation  
10:00 GameDay Set Up  
10:15 GameDay Championships  
11:00 Mascot Follies (if applicable)  
Final Awards

\*Be sure to visit The Spirit Shop at the end of camp!