



# UCA CHEER CAMP 2011

## 2 Day Camp Schedule

Sydney | Newcastle | Melbourne | Brisbane

### Day 1

Time	Activity
9:00 – 9:30	Registration and Orientation
9:30 – 9:45	Opening Introductions and Announcements
9:45 – 10:00	Warm up for Athletes & <b>1<sup>st</sup> Coaches Meeting</b>
10:00 – 10:30	Jump Class
10:30 – 11:30	Spotting Seminar, Stunt Qualification, & Partner Stunt Class
11:30 – 12:15	Xtreme Routine
12:15 – 1:00	Stunt Technique & Core Transitions
1:00 – 2:00	<i>Lunch</i>
2:00 – 2:45	Hip Hop Dance Class / Coed Partner Stunt
2:45 – 3:30	Stunt Sequence Private Coaching
3:30 – 3:45	Stunt Sequence Evaluation
3:45 – 4:00	Jump Off
4:00 – 4:45	Basket Toss Class
4:45 – 5:15	Xtreme Routine Review & <b>2<sup>nd</sup> Coaches Meeting</b>
5:15 – 5:25	<i>Break</i>
5:25 – 5:50	Coaches Choice – Choose a skill to work on
5:50 – 6:00	Awards & Final Announcements

### Day 2

Time	Activity
9:00 – 9:15	Announcements & <b>3<sup>rd</sup> Coaches Meeting</b>
9:15 – 9:45	Warm Up
9:45 – 10:15	Xtreme Routine Review
10:15 – 11:15	Partner Stunt Class
11:15 – 12:15	Progressive Stunt Transitions
12:15 – 1:15	Lunch & <b>Final Coaches Meeting</b>
1:15 – 2:00	Pyramid Class
2:00 – 2:30	Choreography Seminar
2:30 – 3:00	Hip Hop Routine Review / Coed Partner Stunt Class
3:00 – 4:00	Xtreme Routine Private Coaching
4:00 – 4:30	Putting it all Together
4:30 – 4:45	<i>Break</i>
4:45 – 5:15	Final Extreme Routine Evaluation
5:15 – 5:30	Hip Hop Routine Evaluation / Coed Partner Stunt Evaluation
5:30 – 5:45	Camp Championship
5:45 – 6:00	Final Awards & Announcements

\* The schedule for 5 Star Coaches Program will be determined by Mike Cooper and be announced at the beginning of each day