



UCA Stunt Camp Program Information

Our staff is looking forward to working with you at camp this summer. Listed below is general information that will benefit you as you prepare for camp.

The UCA Stunt Camp Program is designed to train cheerleaders on stunt safety, progressions and technique. All classes are conducted by trained and USA Cheer Safety certified UCA Instructors. The overall emphasis of the program is on concentrated learning in a fun and exciting environment.

Prior to Camp:

- Report to camp in good condition!
- Daily stretching exercises and aerobic conditioning will help you avoid potential injuries and soreness. Start now to get in shape for camp!
- Have a practice or team meeting to put together stunt groups. This will save you time at camp.

At Camp:

- Throughout the camp, your squad will learn a variety of stunts, stunt sequences and transitions.
- You will have Private Coaching sessions with a UCA Instructor on stunt sequences and the Camp Routine.
- Following your Private Coaching sessions, teams will be evaluated on this material. These are low-pressure evaluations designed to help your squad become game-ready.
- On the Final Day of camp, your squad has the option to compete in our Camp Routine Championship.
- All Evaluations and the Camp Championships will be conducted according to the safety rules and guidelines set forth by USA Cheer, the national governing body for cheerleading in the United States. You can review the safety guidelines on their website: <https://www.usacheer.org/>. Please be sure to read these guidelines carefully. Your UCA Head Instructor will be happy to answer any questions you may have.
- Daily awards will be presented for achievement, improvement, and spirit. At the conclusion of the camp, overall awards will be presented in several divisions for the entire camp.

Guided by the UCA Staff and in correspondence with the NFHS, cheerleading squads will learn and demonstrate the Roles of the Cheerleader – Crowd Leader, Spirit Raiser, Ambassador, Athlete and Entertainer. Through the UCA Summer Camp program, cheerleaders will participate in Squad Credentialing during classes and seminars. In addition to the Roles of the Cheerleader, Safety and Leadership skills, both for captains and for the team, are developed through hands-on training sessions and seminars throughout camp.

UCA requests that there will be no videotaping during actual class instruction; however, you may videotape private coaching, evaluation and other activities during the week.

*Make sure you also print off the “What to Bring to Camp” form so you and your team are fully prepared.