






UCA Cheerleading Day Camp At Bishop Ryan HS



Minot, ND

July 15-17, 2009 – 9 am to 4 pm

\$100 per participant / \$35 per coach

-  Private coaching from the UCA Staff on motion sequences, jump sequences, formations, level changes, stunts progressions/ safety, stunt transitions, pyramids, beginning to elite stunts
-  Learn new innovative material- cheers, sidelines, and dances
-  Instructional classes on jumps, flexibility, strength, motions, dances, stunts, cheers, games etiquette
-  Coaches Education
-  UCA All American participant tryouts

8:30am Registration - 9am Warm up/stretch - 9:30am Game Planning Class
10:15am Stunt Class - 11:00 am Dance Class - 11:30am Lunch - 12:30 pm Stunt Class
1:15pm Private Coaching - 2:30 pm Open Workshop - 3:00pm Home Dance Routine
3:30pm All American Tryouts - 4:00pm Goodbyes



For more information or to register
for this UCA Day camp please contact
Billie Ann Caya at 701-258-7363
bcaya@nationalspirit.com

or

Lee Trudell at 888-513-1879 or ltrudell@uca.com


VARSITY

Or register on-line at

uca.varsity.com