

2023 UCA CAMP

Pre-Camp Information

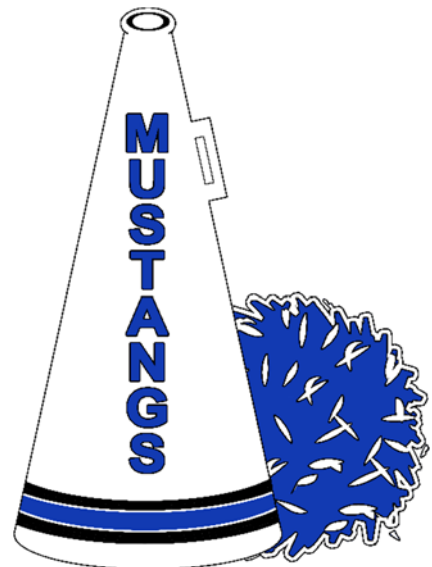
UCA Camp Schedule

General Information | Reminders | Rules

Packing List

Forms

All information in this packet is subject to change at the discretion of the coaches



UCA Pre-Camp 2023

Cheer Shack – May 31 – June 2

Wednesday – May 31 | 9:00-1:00 – Arrive by 8:45am

- What to wear? DUO DAY
- Cheer shoes, no show socks, white bow – what kind of socks?
- Please eat breakfast prior to camp (no snack breaks)

Thursday – June 1 | 9:00-12:30 – Arrive by 8:45am

- What to wear? NEON THEME
- Cheer shoes, no show socks, white bow
- Please eat breakfast prior to camp (no snack breaks)

Friday – June 2 | 9:00-12:30 – Arrive by 8:45am

- What to wear? BLACKOUT
- Cheer shoes, no show socks, white bow
- Please eat breakfast prior to camp (no snack breaks)
- Drop off big/little sis gift at The Frangente's 706 Sunset Dr. before pre-camp
- You will go straight to Reveal Party from camp
- Lunch will be served at Reveal Party
- Bring a towel and swimsuit

UCA Camp

Louisiana State University

Baton Rouge, Louisiana

June 5-8, 2023

MONDAY 6/5 – Wear your Royal Cheer practice t-shirt, black shorts, cheer shoes, white no-show socks & light makeup.

Bring your backpack with you on the bus. Things to put in your backpack:

- Items to freshen up (makeup, hairbrush, deodorant, etc.)
- Cell phone (cell phones will be placed in luggage once we reach camp)
- Money for UCA camp souvenirs, shirts, etc. Camp is completely cashless, so please be prepared.
- Team Water Bottle with ice only (no other water bottles or beverages allowed)
- Medication Form

5:30 am – Meet at FHS to load bus

- Your luggage will be checked and loaded on the bus
- **Please put FHS Cheer Tag on your luggage (not your backpack) once luggage is checked.**
- Once your luggage is loaded on the bus Monday morning, you may not have access to it until dinner.

6:00 am – Bus departs for camp

The bus will make a stop on the way. Plan to pick up a snack. We will have Chick-fil-A for lunch when you arrive at LSU.

11:30 am – Arrive at LSU

- Unload your luggage from the bus & check in. You will only take your backpack to camp.
- EAT

1:00 pm – Camp begins

4:30 pm – Dinner – *dinner provided by UCA.*

6:15 pm – Camp resumes until 9:00 pm.

TUESDAY 6/6 – Grey Mustang Cheer T-shirt, black shorts & cheer shoes

TBA – Meet for camp. *Breakfast provided by UCA.*

8:30 am – Camp begins

11:30 am – Break for Lunch – *provided by UCA.*

1:15 pm – Camp resumes

4:30 pm – Break for dinner – *provided by UCA.*

6:15 pm – Camp resumes until 9:00 pm.

WEDNESDAY 6/7 – THEME DAY Harry Potter Tank, black shorts & cheer shoes

TBA – Meet for camp. *Breakfast provided by UCA.*

8:30 am – Camp begins

11:30 am – Break for Lunch – *provided by UCA.*

1:30 pm – Camp resumes

4:00 pm – All-American Tryouts

4:30 pm – Break for dinner – *provided by UCA.*

6:15 pm – Camp resumes until 9:00 pm.

THURSDAY 6/8 – You will be advised at camp which uniform to wear today.

TBA – Meet for camp. *Breakfast provided by UCA. Pack your belongings before heading down for breakfast. You will receive further information from your coaches on what to do with your luggage.*

8:30 am – Camp begins

11:30 pm – Closing

Change clothes, load up and head home.

We will have some snacks available on the bus, but be prepared to purchase and eat a late lunch/dinner/snack when the bus stops on the way home.

The girls plan to arrive back at FHS around 6:00pm.

UPDATED 5/26/2023

FACILITY INFORMATION: The team will be staying in the dorms during camp. Housing assignments will be provided during Registration. Available dorms are Cypress and Spruce Halls. The bathrooms are Suite Style. The camp will take place in the Field House and is INDOOR.

CAMP THEME – Magic

Magic is in the air at this year's Spirit Night! Cast a spell with your team and dress to impress. Our team has decided on Harry Potter and has been divided up into houses. Your theme tank will be included in your practice wear distributed on Wednesday.

Please remember to leave glitter at home.

UCA CAMP 2023 – GENERAL INFORMATION, REMINDERS & RULES

You are ambassadors from our school and our community.

The expectation for your performance, character, and overall behavior is very high.

GENERAL CAMP RULES

- An authorized Adult in Charge (coach, sponsor, another school employee, parent authorized to be the team chaperone, etc.), 21 years of age or older, must attend camp with participants (except Drum Majors).
- Participants must be in attendance and on time for all classes and camp functions.
- Walk in groups of two or more.
- Participants are required to wear their camp identification at all times (where applicable at certain locations and will be provided at check-in).
- Varsity is not responsible for lost or stolen items. Valuables should be left at home.
- The use of cameras, imaging, and digital devices by adults and/or minors is permitted only in areas where privacy is not expected.
- If an emergency occurs, contact the appropriate emergency number for your location and notify a member of Camp Administration.
- Participants who must go to a clinic or hospital should contact a member of Varsity Event Administration prior to leaving camp.
- Hang signs only with the express permission of Varsity Event Administration.
- Participants may only ride in cars while at camp with prior approval by the Adult in Charge and Camp Administration.
- Participants may not leave campus unless prearranged and signed out with Varsity Event Administration. An authorized adult must accompany any minor who leaves campus for any reason.
- An Adult in Charge is responsible for participants outside scheduled class times including but not limited to pool/beach activities, practice outside of class time, free time activities, etc.
- We have a zero-tolerance policy for aggressive or abusive behavior toward all camp attendees, employees of the venue, and Varsity Spirit staff, such behavior may result in discontinuation of services/camp.

THE FOLLOWING IS PROHIBITED:

- Bullying, initiations, or hazing of any kind.
- Smoking, vaping, and/or the use or possession of alcohol and/or other illegal substances.
- Fireworks, guns, and/or other weapons.
- Cheering, chanting, stunting, tumbling, or dancing in areas not specifically designated for instructional classes and practice.
- Jewelry of any kind during class at cheer camps.
- Running, horseplay, or unnecessary noise in the dorm/hotel/dining facility.
- Use of glitter, silly string, confetti, or any similar substance/material.

OVERNIGHT CAMP RULES

- All windows must remain closed in the air-conditioned dorms/hotels. In dorms/hotels without air-conditioning, windows may be left open but screens must be left on. Do not lean out of the windows.
- Any damage to the dorm/hotel will be charged to your group. Leave your room in the same condition as you found it, including the placement of furniture.
- Evening hours requirements:
 - 10:00 – on the appropriate floor assigned to squad/team
 - 11:00 – in bed and lights out
- Keep doors locked when you leave the room and when you are in the room. Do not prop doors open.
- No one of the opposite sex is allowed in the sleeping rooms.
- Lost or unreturned room keys/cards will be charged to the team/individual.
- For the safety and privacy of all camp attendees, participants should not fraternize with other groups not associated with camp.
- Participants may not go back to the dorm/hotel rooms during classes without approval from the Adult in Charge, who must then notify Varsity Event Administration.

- If an off-site facility is used for classes, the Adult in Charge is responsible for participants while traveling to and from the off-site facility.

WHILE AT CAMP

- We are here to do our best, help each other, learn and support our teammates and other teams.
- Cheer for other teams whenever possible. When you watch other team, do not say anything negative or make fun of them or look bored. It is rude.
- Cheer for your squad and for other FHS squads when possible.
- Remember your “ambassador” status – greet the UCA staff and other teams warmly and with respect. Do not complain...stay POSITIVE!
- Be kind to each other and respectful to ALL adults you come into contact with. Disrespect towards any UCA Staff, ASR Coach, FHS Coach or any adult will not be tolerated.
- You are on a school-sponsored trip. All school rules apply.
- Under no circumstances will you leave the facility without approval of Coach Yee.
- Do not post any inappropriate photos or videos of yourself or your teammates to social media. Do not criticize or make fun of other teams on social media. If you must post something, make it positive.
- Deviations from these rules will be handled on a case-by-case basis with Coach Yee and Mr. Griffon. Do not take these rules lightly, not only is your status as a FHS Cheerleader at stake, but also your status as a student at FHS. Be very smart in your choices.

UCA CAMP 2023 PACKING LIST

Please put FHS Cheer tag on your luggage not your backpack

- Cheer backpack packed with:
 - Medication Form
 - Medication you may need or are taking. Please bring it in its original container.
 - Wraps or braces if needed for injuries or support
 - Funds for camp souvenirs / UCA wear and/or snacks and drinks. Camp is completely cashless, so please be prepared. Most cheerleaders bring \$50-\$75 for snacks and merchandise.
 - Team Water Bottle with ice only
 - Cell phone and charger
- Suitcase packed with:
 - Toiletries you may need; Shampoo/conditioner, face wash, body wash, razors, tampons, toothbrush/toothpaste. Suggested to bring sunscreen and lip balm.
 - Hair brush, straightener, curling iron, hair ties, bobby pins, hairspray
 - Makeup
 - Something to wear when not in uniform (we will not be leaving the University. You mostly need clothes for at night, after camp).
 - Comfy clothes for the trip home
 - Notebook & Pen - Bring daily to all classes
 - White practice bows
 - Blue and white poms
 - Blue uniform shell, Blue uniform skirt & spanks
 - White uniform - sleeves (Varsity Branded), shell, skirt & spanks VARSITY ONLY
 - Black uniform - shell & skirt
 - Black sweatshirt
 - Sports Bras - Blue, Black and White - Must not show in uniform
 - Returning Cheerleaders - Bring your hand tied ribbon/bows attached to pony if you still have yours (did not return them after NCA)
 - 4 pair white no-show; 4 pair white crew; 4 pair black crew
 - All practice wear - Grey Mustang Cheer T-Shirt, 2 black practice tops, black shorts, black spanks.
 - Additional Snacks
 - Cell phone charger
 - Outfit for Spirit Night
 - Bed Linens - Sheets, Blankets, Pillows, Sleeping Bag
 - Towels & other necessary items to shower
- Do not bring: Water bottles or other beverages. You will be provided water bottles on the bus and extra to take to your room. Do not bring jewelry (necklaces, bracelets, rings, earrings or other body jewelry). Do not bring gum or energy drinks.

UCA Program Information

Our staff is looking forward to working with you at camp.

Report to camp in good condition! Daily stretching exercised, practicing jumps, and aerobic conditioning will help you avoid potential injuries and soreness. Start now to get in shape for camp!

Throughout the camp, your squad will learn a variety of cheers, sidelines, and dances. You will be privately coached by a UCA instructor on situational sidelines, a personalized pyramid, a cheer, a game day routine and the Camp Routine. After the cheer and Camp Routine private coaching, you will be evaluated on this material. These are low-pressure evaluations designed to help you get your new material game day ready.

On the final day of camp, your squad has the option to participate in our Camp Routine Championships and our Game Day Championships. All evaluations and the Camp Championships will be conducted according to the safety rules and guidelines set forth by USA Cheer and NFHS.

Guided by the UCA Staff and in correspondence with NFHS, cheerleading squads will learn and demonstrate the Roles of the Cheerleader - Crow 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 during hands-on training sessions and seminars throughout camp.

Daily awards will be presented for achievement, improvement and spirit. At the conclusion of camp, we will present overall awards in several divisions for the entire week.

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

A completed form is required by ALL cheerleaders. Not taking medication? write NONE and have your parent sign.



Friendswood High School
School Sponsored Overnight Trip

Prescription and OTC Medications

Section 1 – Permission to Carry Medication

My child, _____, has permission to carry prescription and/or OTC (over the counter) medications on their trip with FHS Cheerleading dated from _____ to _____.

*List medications below: prescription and OTC (ibuprofen, Zyrtec, etc).
If not bringing medication – write NONE.*

1. _____
2. _____
3. _____

Section 2 – Dispensing of Medication

Please select and initial ONLY one of the following:

_____ **I would like to have an adult chaperone dispense** the prescription and/or OTC medication to my child according to the labeled instructions.

___ ___ **I give full responsibility to my child** to properly take their own prescription and/or OTC medication according to the labeled instructions.

Parent Signature: _____ Date: _____



2023 4-Day Traditional Overnight Camp Schedule



DAY ONE

9:00 am - 12:00 pm *Registration*

1:00 pm Opening Staff Demo & Meet your Team Leader!

1:30 pm **C** Motion & Spirit Prop Workshop / Game Day Class: Sidelines & Coaches' Meeting #1

2:00 pm **E** Camp Dance

2:30 pm **S** Safety Awareness w/ Team Leader

2:45 pm **A** Stunt Class #1

4:00 pm **C** Group A – Situational Sideline Private Coaching
L Group B – Team UCA & Material Review

4:30 pm *Dinner*

6:15 pm **L** Group A – Team UCA & Material Review
C Group B – Situational Sideline Private Coaching

6:45 pm **A** Pyramid Class w/ Team Leader

7:30 pm **C** Game Day Class: Band Chant

8:00 pm **S/A** Stunt Troubleshooting Class – **NEW!**

8:30 pm Team Leader Meetings & Daily Awards
New Coaches' Q/A

DAY TWO

Breakfast

8:30 am **A** Team Leader Check-In / Warmup / Stretching, Flexibility & Jump Class & Coaches' Meeting #2

9:15 am **L** Coaches' & Captain's Goal Setting

9:30 am **A** Group A – Stunt Class #2
C Group B – Game Day Class: Cheers & Cheer Private Coaching Prep

10:30 am **C** Group A – Game Day Class: Cheers & Cheer Private Coaching Prep
A Group B – Stunt Class #2

11:30 am *Lunch*

1:15 pm **L/S** Captains' Leadership Training / Coaches' Stunt Workshop #1

1:30 pm **A** Pyramid Class

2:15 pm **R/C** Group A – Band Chant Review, FNL Frenzy & Sideline Stunts
C Group B – Cheer Private Coaching

3:15 pm **C** Group A – Cheer Private Coaching
R/C Group B – Band Chant Review, FNL Frenzy & Sideline Stunts

4:15 pm Open Practice w/ Coach

4:30 pm *Dinner*

6:15 pm **E** Sideline & Cheer Evaluations

6:45 pm **A/E** Group A – Personalized Pyramids & Camp Routine Private Coaching Prep
L/B Group B – Squad Leadership Training / St. Jude & Team UCA

7:30 pm **L/B** Group A – Squad Leadership Training / St. Jude & Team UCA
A/E Group B – Personalized Pyramids & Camp Routine Private Coaching Prep

8:15 pm **A** Jump Off

8:30 pm Team Leader Meetings / Squad Credentialing & Daily Awards

DAY THREE

Breakfast

8:30 am **C** Team Leader Check-In / Warmup & Game Day Class: General Sidelines & Fan Chants! & Coaches' Meeting #3

9:15 am **C/A** Group A – Game Day Practice & Drills for Skills
A Group B – Stunt Class #3

10:15 am **A** Group A – Stunt Class #3
C/A Group B – Game Day Practice & Drills for Skills

11:15 am **B** All-American Set Up / Material Review

11:30 am *Lunch*

1:15 pm **S** Coaches' Stunt Workshop #2

1:30 pm **E** Group A – Camp Routine Private Coaching
L/A Group B – Team Unity & Motion Technique Class – **NEW!** / Team UCA

2:15 pm **L/A** Group A – Team Unity & Motion Technique Class – **NEW!** / Team UCA
E Group B – Camp Routine Private Coaching

3:00 pm **C** Game Day Private Coaching

3:30 pm Team Time w/ Team Leader

4:00 pm **B** All-American Tryouts

4:30 pm *Dinner*

6:15 pm **E** Camp Routine Evaluations

6:45 pm Electives*

7:30 pm Gatorade Break

7:45 pm **R** *Spirit Night!*

8:15 pm **B** Squad Credentialing / Daily Awards & Pin It Forward
Final Coaches' Q&A

DAY FOUR

Breakfast

8:30 am Optional: Open Practice

9:00 am Team Time w/ Team Leader

9:30 am **E** Camp Routine Championship

10:15 am **C** Game Day Championships

11:00 am Squad Credentialing Presentation

11:15 am Senior Recognition Ceremony – **NEW!**

11:30 am **B** Final Awards & Pin It Forward

Elective Classes

- Timeout Dance
- Stunt Transitions
- Additional Material
- Basket Toss Class
- Open Workshop

