

J&C CAMPS

RESIDENT/RESORT CAMP SCHEDULE

Updated: May 31, 2026

Day 1

10:00 – Check In Begins
10:45 – Opening Rally
11:00 – Meet Staff / Skills Check -
(Craig with Basic Stunts)
11:30 – Game Day Cheer and Crowd
Leading Tips - (How to use signs in
stunts)/Coaches Meeting in Coaches
Room
12:00 – Lunch - Group A
12:15 – Lunch - Group B
1:00 – Extreme Routine Dance
1:30 – Stunt Class #1
2:30 – Cheer Review
2:45 – Stunt Transitions
3:15 – Group C & Group B
4:00 – Group B & Group A
4:45 – Group A & Group C
5:00 – Dinner - Group B
5:30 – Dinner - Group A
5:45 – Dinner - Group C
6:30 – Practice w/Buddy
7:00 – Evaluation #1 (Game Day Cheer)
7:30 – Top Gun Tumbling
8:00 – Top Gun Jumps
8:30 – Pool Party

Day 2

8:00 – Captains Class
8:30 – Warm Up/Jumps Coaches Class
9:00 – Chants/Cheer Review
9:30 – Pyramid Class
10:20 – Fun Time
10:30 – Group B & Group A
11:00 – Group C & Group B
11:30 – Group A & Group C
11:30 – Lunch - Group B
12:00 – Lunch - Group C
12:15 – Lunch - Group A
1:00 – Pick-A-Classes
(Adv. Dance/Chants/Stunts)
1:45 – All Groups - Stunt Class #2
2:30 – Group C & Group B
3:30 – Group A & Group C
4:30 – Group B & Group A
5:00 – Dinner Break - Group C
5:15 – Dinner Break - Group B
5:30 – Dinner Break - Group A
6:30 – Practice w/Buddy
6:45 – Evaluation #2
(Extreme Routine Dance)
7:15 – All Star Tryouts (3 Jumps, Tumble,
Dance)
9:00 – Talent Show
(followed by T-shirt exchange)

Day 3

8:00 – Captains Class
8:30 – Warm Up/Jumps -
Coaches Meeting
9:00 – Review Material
9:30 – Top Gun Motions
10:00 – Practice w/Buddy
11:00 – Top Gun Stunts
11:30 – Group C Lunch
11:45 – Group A&B Lunch
12:00 – Be checked out of
hotel
12:30 – Warm Up and Review
for Final Evaluations
1:15 – Friends and Family
arrive
1:45 – Showcase for Friends &
Family

3:00 – Awards, Photos, Roll
Mats!

Thank you for coming!