

2019 SPIRIT (CHEER CHRISTIAN)

DAY ONE

9:00 am Camp Registration Begins

Lunch is not provided on Day 1.

12:00 pm Camp Registration Ends

12:30 pm Arrive to Main Meeting Area

1:00 pm* Staff "Show"-off
Red Carpet

1:15 pm Coaches Meeting 1
(Coaches Consultation)
Cheerleading & Jump Basics
Jump-Off

1:45 pm Stunt Introduction

2:30 pm Meet your Staff TeamMate/
Daily Devotional

3:30 pm USA Routine

4:30 pm DINNER

6:30 pm Home Routine "Show"-case

7:30 pm Material Review

8:00 pm NFHS Credentialing Intro
Unity Games
Spirit Awards

9:00 pm Day 1 Wrap-Up
All Camp Meeting

DAY TWO

7:00 am BREAKFAST

8:15 am Opening Prayer

8:30 am Coaches Meeting 2
Warm-Ups & Review

9:00 am Stunt Progressions
Gatorade Break

10:30 am Staff TeamMate Time

11:30 am LUNCH

1:00 pm Stunt-Off
Coaches Camp Assessment

1:30 pm Game Day

2:30 pm Stunt Progressions (Pyramids)

3:15 pm Daily Devotional
Camp Dance

4:15 pm Pin It Forward
Day 2 Wrap-Up
Spirit Awards

4:30 pm DINNER

NIGHT OFF!

DAY THREE

7:00 am BREAKFAST

8:15 am Opening Prayer

8:30 am Coaches Meeting 3
Warm-Ups & Review

9:00 am Stunt Progressions

10:30 am Staff TeamMate Time

11:30 am LUNCH

1:00 pm Coaches Certification
Stunt-Off

1:30 pm Game Day Evaluation

2:30 pm Specialty Workshop

3:15 pm Daily Devotional
Camp Dance

4:15 pm Class Yell
Day 3 Wrap-Up

4:30 pm DINNER

6:30 pm Class Competition
Spirit Awards
USA Dance Party

DAY FOUR

7:00 am BREAKFAST

8:15 am Opening Prayer

8:30 am Coaches Meeting 4
Warm-Ups & Review

9:00 am Staff Teammate Time

9:30 am USA Routine Evaluation

10:30 am Stunt-Off

11:00 am All-American Tryouts
"Show"-stopper

11:30 am Pin It Forward
Senior Spotlight
Final Awards

*Camp should end at approx. 12:30 pm
depending upon the size of the camp.*



NFHS CREDENTIALING CLASSES
(see page 2)

Times and class titles are subject to change.

NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Unity Games	Staff TeamMate Time	Game Day Class	USA Routine Evaluation	Spirit Awards
All-American	Warm-Ups	Game Day Evaluation	Home Routine “Show”-case	Class Competition
Pin It Forward	Cheerleading Basics		Specialty Workshop	
	Jump Basics			
	Stunts Progressions			

ALL-AMERICAN TRYOUTS – All Varsity team members are eligible to tryout to be an All-American. In the cheer program, 6 members from Freshman/JV Teams may tryout. Tryout requires campers to perform material learned at camp. Campers selected as an “All-American” have the opportunity to attend the All-American tour in Rome!

CAMP DANCE – Part of the USA experience is learning the annual camp dance. This routine will be taught to every camper that attends a USA camp and can be used as a fun “unity” routine bringing all your programs together. You will receive information on how to view the camp dance videos online prior to camp. We will also review and showcase the Camp Dance at camp. We highly encourage teams to take advantage of this opportunity to start learning some material in advance.

CLASS COMPETITION – Dress bow-to-toe in your class color and “GLOW FOR IT” at the annual Class Competition! Play games and dance the night away at this unforgettable glow-in-the-dark party!

COACHES MEETINGS – Head Instructors will meet with advisors and coaches daily to review important items for the day. There will also be workshops geared toward advising/coaching. Coaches also have the opportunity to fill out a Coaches Assessment on Day 2 of camp. Lastly, classes for Coaches Certification are available.

GAME DAY EVALUATION – This evaluation takes place on DAY 3 of camp. Teams are given a game situation and must respond appropriately with one of three Sideline Cheers learned at camp followed by a Band Chant, also learned at camp. Superior, Excellent or Outstanding ribbons will be awarded.

HOME ROUTINE “SHOW”-CASE (Optional) – This showcase takes place on DAY 1 of camp. Teams have the option to perform a routine they’ve prepared prior to camp. Verbal feedback from the USA staff will be given immediately following the performance.

JUMP-OFF – Each school will select their best jumper to compete in the Jump-off. The top jumper will be awarded a ribbon.

PIN IT FORWARD – This is an opportunity for select campers to be recognized by both the staff and their peers for demonstrating leadership, spirit, commitment, kindness and motivation.

“SHOW”-STOPPER – The top All-American selected by the USA staff. The “Show”-stopper will receive a sweatshirt and a medallion.

SENIOR SPOTLIGHT – A special ceremony to recognize the seniors at camp.

SPECIALTY WORKSHOP – A variety of classes both skill based and material based will be offered during these workshops. To take full advantage of all classes & material, divide your team members and have them attend different classes.

STAFF TEAMMATE – Each team will be assigned a Staff TeamMate for camp. This staff member will work closely with your team to help them accomplish camp goals.

STAFF TEAMMATE TIME – One-on-one time with your Staff TeamMate to prepare for the Game Day Evaluation and the USA Routine Evaluation.

STUNT-OFF – Stunt groups will compete against other groups at camp by performing a variety of stunts. The top group will be awarded blue medallions.

TEAM UP FOR ST. JUDE – Teams are encouraged to participate in this philanthropy program supporting St. Jude Hospital by filling out fundraising letters.

UNITY GAMES – Team bonding time and team building activities designed to unite your team!

USA ROUTINE EVALUATION – This evaluation takes place on DAY 4 of camp. Teams will be evaluated on the USA Routine that they learn at camp. The routine must incorporate formation changes, visual effects, roll-offs, plus skills (tumbling, jumps and/or stunts). Emphasis on CREATIVITY, TECHNIQUE & SHOWMANSHIP.