



unitedspiritassociation

2019 SPIRIT (CHEER HOME CAMP)

V.11.17.18
19HCCH3

SCHOOL/TEAM: _____

DATES: _____

DAY ONE

12:00 pm Introductions/Warm Ups
 12:30 pm Stunting Safety
 1:00 pm Session 1
 2:00 pm Session 2
 3:00 pm BREAK
 3:30 pm Session 3
 4:30 pm Camp Dance
 5:30 pm Review
 6:30 pm Wrap Up & Dismiss

DAY TWO

9:00 am Warm-Ups/Camp Dance
 10:00 am Review Day 1 Material/Eval Prep
 11:00 am Session 4
 12:00 pm LUNCH
 1:00 pm Session 5
 2:30 pm Session 6
 3:30 pm Review
 4:00 pm Wrap Up & Dismiss

DAY THREE

9:00 am Warm-Ups/Camp Dance
 10:00 am Review Day 2 Material/Eval Prep
 11:00 am Session 7
 12:00 pm LUNCH
 1:00 pm Session 8
 2:00 pm Session 9
 3:00 pm Review
 3:30 pm Closing & Awards

SESSION OPTIONS

SIDELINE CLASSES

(Option A) 3 Sidelines & 1 Band Chant "Song TBA"
 (Option B) 3 Sidelines & 1 Band Chant "Song TBA"

TIME OUT CLASSES

(Option C) 1 Time Out Dance "Song TBA"
 (Option D) 1 Time Out Dance "Song TBA"
 (Option E) 1 Crowd Getter "Song TBA"
 (Option F) 1 Crowd Getter "Song TBA"

HALFTIME CLASSES

(Option G) Hip Hop Dance "Song TBA"
 (Option H) Hip Hop Dance "Song TBA"
 (Option I) USA Routine A "Song TBA"
 (Option J) USA Routine B "Song TBA"
 (Option K) USA Routine C "Song TBA"

SKILLS CLASSES

The below options can be selected more than once.
 (Option L) Stunt Technique/Transitions
 (Option M) Pyramids
 (Option N) Basket Tosses (High School ONLY)

GAME DAY 101 CLASS

(Option O) Game Day Planning Skills & Crowdleading Techniques

EVALUATIONS

Must be put into Session 9 if selected. All 3 evaluations can take place in one hour.
 (Option P) Fight Song
 (Option Q) USA Routine (If this option is selected you must choose one of the USA Routines from the Halftime Class)
 (Option R) Game Day (If this option is selected you must choose one of the Sideline Classes)

ALL-AMERICAN TRYOUTS

Must be put in Session 9 if selected
 (Option S) If this option is selected you must choose Sideline Class Option A. All-Americans will tryout with one sideline taught during this class

Descriptions of the Classes/Routines and Evaluations are listed on page 2.

In order to design a program that specifically meets your needs, we will be offering multiple options during the different sessions. Below, please indicate which classes and evaluations you would like to have take place per team during the designated hours. All class options are listed to the right please note what class AND option you want for each session (i.e. Skills Class Option M or Halftime Class Option K).

Session 1: _____ Session 4: _____ Session 7: _____

Session 2: _____ Session 5: _____ Session 8: _____

Session 3: _____ Session 6: _____ Session 9: _____



NFHS CREDENTIALING CLASSES
(see page 2)

Times and class titles are subject to change.

f @unitedspiritassociation

t @usacamps

ig @usacamps

#usacamps



NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Team Up for St. Jude All-American Tryouts	Warm-Ups Skills Classes Review/Prep	Sideline Classes Game Day 101 Class Game Day Evaluation Fight Song Evaluation	Time Out Classes Halftime Classes Camp Dance USA Routine Evaluation	Spirit Awards Game Day 101 Class

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.

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

SESSION OPTIONS

SIDELINE CHEERS – Designed for football and basketball use. These can be performed sitting on the floor, in the stands, or standing on the sidelines. Short offensive, defensive, or general cheers that are typically one 8 count long that repeat. Usually performed in between plays.

BAND CHANTS – Cheer/Dance moves set to short, traditional pieces of music that most bands play. Used both as a performance and a way to get the crowd cheering for the team. Moves can be incorporated into other selections other than band arrangements.

TIME OUT DANCES – Approximately four 8 counts of dance-type moves to music that repeat. Usually more straight arm or pom oriented; but has a cheer style to it. Set to pre-cut music, but can be adapted to fit any other music.

CROWD GETTERS – Cheer moves set to short, traditional pieces of music that can be easily played by the band or a sound system. Ideal way to incorporate sideline props such as signs, megaphones and flags.

USA ROUTINES – Approximately four 8 counts of cheer-type moves to music. Combination of straight arm motions, roll-offs, pick-ups, levels, etc. Team skills will be custom set into the routine by the USA staff. Set to pre-cut music with sound effects and exciting edits.

HIP HOP ROUTINES – Approximately eight 8 counts of dance-type moves to music. Usually more funk or hip-hop oriented; but has a cheer style to it. Set to pre-cut music, but can be adapted to fit any other music.

STUNTS/PYRAMIDS/BASKET TOSSES – Work on stunting and building technique. Instructors will work and progress the level of your squad.

GAME DAY 101 CLASS – This class is geared to teach spiritleaders about game day basics and how to lead the crowd. Skills/techniques learned in this class can be applied in the Game Day Evaluation on the final day of camp.

EVALUATIONS/ALL-AMERICAN TRYOUTS

- **FIGHT SONG EVALUATION** – Use your traditional Fight Song or USA Fight Song available to learn online prior to camp. Add formation changes, visual effects, roll-offs, skills, etc. Incorporations should be practical and crowd oriented. Emphasis on **TECHNIQUE, EXECUTION & SHOWMANSHIP**.
- **USA ROUTINE EVALUATION** – If this option is selected you must choose one of the USA Routines from the Halftime Class for Day 1 or Day 2. The routine must incorporate formation changes, visual effects, roll-offs, plus skills (tumbling & stunts). Emphasis on **CREATIVITY, TECHNIQUE & SHOWMANSHIP**.
- **GAME DAY EVALUATION** – If this option is selected you must choose one of the Sideline Classes for Day 1 or Day 2. Perform with all programs (Cheer, Song/Pom, Mascot & Pep Flag). Teams will be evaluated on Game Day material learned at camp. They will perform a Band Chant first then they must respond to a game situation with an appropriate Sideline Cheer. Teams must follow up the cheer with a crowd oriented cheer/chant or drum cadence. The Band Chant and Sideline Cheer are performed separately. Emphasis on **CROWD COMMUNICATION & SHOWMANSHIP**.

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. In the Song/Pom program, 4 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!



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- 1:00 pm Session 5
- 2:30 pm Session 6
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DAY FOUR

- 9:00 am Warm-Ups/Camp Dance
- 10:00 am Review Day 3 Material/Eval Prep
- 11:00 am Session 10
- 12:00 pm LUNCH
- 1:00 pm Session 11
- 2:00 pm Session 12
- 3:00 pm Review
- 3:45 pm Closing & Awards

SESSION OPTIONS

SIDELINE CLASSES

(Option A) 3 Sidelines & 1 Band Chant "Song TBA"
(Option B) 3 Sidelines & 1 Band Chant "Song TBA"

TIME OUT CLASSES

(Option C) 1 Time Out Dance "Song TBA"
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Session 12: _____

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