



# 2019 SPIRIT (CHEER CAMP OF CHAMPS)

## DAY ONE

## DAY TWO

## DAY THREE

## DAY FOUR

9:00 am	Camp Registration Begins
<i>Lunch is not provided on Day 1.</i>	
12:00 pm	Camp Registration Ends
12:30 pm	Arrive to Main Meeting Area
1:00 pm*	Staff "Show"-off Red Carpet
<b>1:15 pm</b>	<b>Coaches Meeting 1 (Coaches Consultation)</b> Cheerleading & Jump Basics Jump-Off
1:45 pm	Stunt Introduction
2:30 pm	Meet your Staff TeamMate/ Personal Training 1
3:30 pm	Friday Night Lights
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

7:00 am	BREAKFAST
8:15 am	Captains Meeting 1
<b>8:30 am</b>	<b>Coaches Meeting 2</b> Warm-Ups & Review
9:00 am	Stunt Progressions <b>Gatorade Break</b>
10:30 am	Personal Training 2 Game Day (Rotation)
11:30 am	LUNCH
1:00 pm	Stunt-Off <b>Coaches Camp Assessment</b>
1:30 pm	Personal Training 2 Game Day (Rotation)
2:30 pm	Stunt Progressions (Pyramids)
3:15 pm	Open Practice
4:15 pm*	Pin It Forward Day 2 Wrap-Up Spirit Awards
4:30 pm	DINNER
NIGHT OFF!	

7:00 am	BREAKFAST
8:15 am	Captains Meeting 2
<b>8:30 am</b>	<b>Coaches Meeting 3</b> Warm-Ups & Review
9:00 am	Stunt Progressions
10:30 am	Personal Training 3 Game Day Eval (Rotation)
11:30 am	LUNCH
<b>1:00 pm</b>	<b>Coaches Certification</b> Stunt-Off
1:30 pm	Personal Training 3 Game Day Eval (Rotation)
2:30 pm	Made 2 Order
3:15 pm	Open Practice (Main Floor Rotation)
4:15 pm	Class Yell Day 3 Wrap-Up
4:30 pm	DINNER
6:30 pm *	Class Competition Spirit Awards USA Dance Party

7:00 am	BREAKFAST
8:15 am	Captains Meeting 3
<b>8:30 am</b>	<b>Coaches Meeting 4</b> Warm-Ups & Review
9:00 am	Personal Training 4
9:30 am*	Friday Night Lights "Show"-down
10:30 am*	Stunt-Off
11:00 am*	All-American Tryouts "Show"-stopper
11:30 am*	Pin It Forward Senior Spotlight Final Awards
<i>Camp should end at approx. 12:30 pm depending upon the size of the camp.</i>	
<i>*Showtime Cheer and Performance Dance will be together during these times.</i>	



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
Captains Meetings	Personal Training	Game Day Class	Friday Night Lights	Spirit Awards
Unity Games	Warm-Ups	Game Day Evaluation	Home Routine “Show”-case	Class Competition
All-American	Cheerleading Basics		Made 2 Order	
Pin It Forward	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!

**CAPTAINS MEETINGS** – Head Instructors will meet with the captains (or assigned leaders) to inform them important items for the day. Captains will gain a sense of responsibility for their team and begin to develop and utilize their leadership skills.

**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.

**FRIDAY NIGHT LIGHTS “SHOW”-DOWN** – This competition takes place on DAY 4 of camp. Teams will perform a customized Friday Night Lights routine learned at camp to compete against other teams at camp. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place trophies will be awarded.

**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 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.

**MADE 2 ORDER** – A variety of routines of different styles and difficult levels will be offered during this class. These routines can be paired with the custom ending of your Friday Night routine to make an additional ready-to-go routine. To take full advantage of material being offered, it is recommended that you divide your team and have them attend all routines.

**PERSONAL TRAINING** – One-on-one time with your Staff TeamMate to prepare for the Game Day Evaluation and the Friday Night Lights “Show”-down.

**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.

**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.

**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!