

DAY ONE		DAY TWO		DAY THREE		DAY FOUR	
9:00 am	Camp Registration Begins	7:00 am	BREAKFAST	7:00 am	BREAKFAST	7:00 am	BREAKFAST
<i>Lunch is not provided on Day 1.</i>		8:15 am	Captains Meeting 2	8:15 am	Captains Meeting 3	8:30 am	Coaches Meeting 4 Warm-Ups/Camp Dance Showcase
12:00 pm	Camp Registration Ends	8:30 am	Coaches Meeting 2 Warm-Ups/Camp Dance	8:30 am	Coaches Meeting 3 Warm-Ups/Camp Dance	9:00 am	Review/Game Day Prep
12:30 pm	Arrive to Main Meeting Area	9:00 am	Game Day 101 Workshop Game Day Prep Gatorade Break	9:00 am	Stunt Workshop 4 (Pyramids)	9:30 am	Game Day Evaluation
12:45 pm	Captains Meeting 1	10:00 am	Stunt Workshop 2	10:30 am	Specialty Workshop 2*	10:30 am	Staff TeamMate Wrap Up Final Review
1:00 pm	Opening Ceremonies	11:30 am	LUNCH	11:30 am	LUNCH	11:00 am	TeamMaker Workshop
1:30 pm	Coaches Meeting 1 Motion Technique, Sideline Cheers & Band Chant	1:00 pm	Stunt Challenge Round 1	1:00 pm	Coaches Certification Stunt Challenge Round 2 Specialty Workshop 2 Review	11:30 am	Closing Ceremonies Final Stunt Challenge Jump & Tumble Challenge Spirit Star Finals Pin It Forward Final Awards
2:30 pm	Stunt Workshop 1	1:30 pm	Specialty Workshop 1* Coaches Camp Assessment	1:30 pm	USA Routine Prep	<i>Camp should end at approx. 12:30 pm depending upon the size of the camp.</i>	
3:30 pm	USA Routine	2:30 pm	Stunt Workshop 3	2:30 pm	USA Routine Evaluation		
4:30 pm	DINNER	3:30 pm	USA Routine Prep	3:30 pm	Game Day Prep Staff TeamMate Wrap Up	<i>*SPECIALTY WORKSHOP Please see Head Instructor for list of classes offered at your camp.</i>	
6:00 pm	Fight Song Evaluation	4:30 pm	DINNER	4:30 pm	DINNER		
7:00 pm	Staff TeamMate Intros Coaches Goal Setting Material Review Staff TeamMate Rap	6:00 pm	Spirit Star Semi-Finals	6:30 pm	Spirit Rally USA Road Trip!		
8:00 pm	Camp Dance Unity Games	7:00 pm	Staff TeamMate Coaching	7:30 pm	Spirit Awards USA Dance Party		
9:00 pm	All Camp Meeting	8:00 pm	Specialty Workshop 1 Review	8:00 pm	Practice/Free Time		
		8:45 pm	Staff TeamMate Wrap Up Pin It Forward Spirit Awards				

Times and class titles are subject to change.

NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Captains Meetings	Warm-Ups	Sideline Cheers	USA Routine	Spirit Awards
Unity Games	Motion Technique	Fight Song Evaluation	Specialty Workshop	Spirit Rally
TeamMaker Workshop	Stunts/Pyramids	Game Day 101	USA Routine Evaluation	Staff TeamMate Rap
Pin It Forward	Stunt Challenge	Game Day Evaluation	Camp Dance Showcase	Spirit Star
	Jump & Tumble Challenge			

SPIRIT STAR & ALL-AMERICAN – Cheerleaders are recognized with ribbons for their effort, attitude, and performance in classes. Ribbon winners will perform a predetermined Sideline Cheer. Selected semi-finalists perform the Band Chant and are asked to incorporate their technical skills. The finalists will perform at closing ceremonies. Cheerleaders that take part in the Spirit Star process will have the opportunity to be selected as an All-American.

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.

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.

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

EVALUATIONS

- **FIGHT SONG EVALUATION (Optional)** – This evaluation takes place on DAY 1 of camp. 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** – This evaluation takes place on DAY 3 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 & stunts). Emphasis on CREATIVITY, TECHNIQUE & SHOWMANSHIP.
- **GAME DAY EVALUATION** – This evaluation takes place on DAY 4 of camp. 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.

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

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.

SPIRIT RALLY NIGHT – Take a trip across the USA at our “USA ROAD TRIP” Rally! Whether your destination is the big city, the mountains or beach, come dressed as your favorite Texas Cowboy, New York Tourist, Miami Beach Bum or etc.! Play games and dance the night away at the USA Dance Party!

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 prepping them for evaluations and will focus on helping them accomplish camp goals.

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

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



2019 SPIRIT (CHEER ELITE RESORT)

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12:30 pm Arrive to Main Meeting Area	9:00 am Game Day 101 Workshop Game Day Prep Gatorade Break	9:00 am Stunt Workshop 4 (Pyramids)	9:30 am Game Day Evaluation
12:45 pm Captains Meeting 1		10:30 am Specialty Workshop 2*	10:30 am Staff TeamMate Wrap Up Final Review
1:00 pm Opening Ceremonies	10:00 am Stunt Workshop 2	11:30 am LUNCH	11:00 am TeamMaker Workshop
1:30 pm Coaches Meeting 1 Motion Technique, Sideline Cheers & Band Chant	11:30 am LUNCH	1:00 pm Coaches Certification Stunt Challenge Round 2 Specialty Workshop 2 Review	11:30 am Closing Ceremonies Final Stunt Challenge Jump & Tumble Challenge Spirit Star Finals Pin It Forward Final Awards
2:30 pm Stunt Workshop 1	1:00 pm Stunt Challenge Round 1	1:30 pm USA Routine Prep	
3:30 pm USA Routine	1:30 pm Specialty Workshop 1* Coaches Camp Assessment	2:30 pm USA Routine Evaluation	
4:30 pm DINNER	2:30 pm Stunt Workshop 3	3:30 pm Game Day Prep	
6:00 pm Fight Song Evaluation	3:30 pm USA Routine Prep	4:30 pm Spirit Star Semi-Finals cont. Pin It Forward Staff TeamMate Wrap Up	
7:00 pm Staff TeamMate Intros Coaches Goal Setting Material Review Staff TeamMate Rap	4:30 pm Spirit Star Semi-Finals Staff TeamMate Wrap Up Spirit Awards	5:00 pm DINNER	
8:00 pm Camp Dance Unity Games	5:00 pm DINNER	6:30 pm Spirit Rally USA Road Trip!	
9:00 pm All Camp Meeting	7:00 pm Free Time (Practice space available from 7pm-9pm)	7:30 pm Spirit Awards USA Dance Party	
		8:00 pm Practice/Free Time	

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

**SPECIALTY WORKSHOP Please see Head Instructor for list of classes offered at your 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
Captains Meetings	Warm-Ups	Sideline Cheers	USA Routine	Spirit Awards
Unity Games	Motion Technique	Fight Song Evaluation	Specialty Workshop	Spirit Rally
TeamMaker Workshop	Stunts/Pyramids	Game Day 101	USA Routine Evaluation	Staff TeamMate Rap
Pin It Forward	Stunt Challenge	Game Day Evaluation	Camp Dance Showcase	Spirit Star
	Jump & Tumble Challenge			

SPIRIT STAR & ALL-AMERICAN – Cheerleaders are recognized with ribbons for their effort, attitude, and performance in classes. Ribbon winners will perform a predetermined Sideline Cheer. Selected semi-finalists perform the Band Chant and are asked to incorporate their technical skills. The finalists will perform at closing ceremonies. Cheerleaders that take part in the Spirit Star process will have the opportunity to be selected as an All-American.

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.

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.

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

EVALUATIONS

- **FIGHT SONG EVALUATION (Optional)** – This evaluation takes place on DAY 1 of camp. 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.
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GAME DAY 101 WORKSHOP – This interactive workshop is geared to teach spiritleaders about game day basics and how to lead the crowd. Skills/techniques learned in this workshop will be applied in the Game Day Evaluation on the final day of camp.

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.

SPIRIT RALLY NIGHT – Take a trip across the USA at our “USA ROAD TRIP” Rally! Whether your destination is the big city, the mountains or beach, come dressed as your favorite Texas Cowboy, New York Tourist, Miami Beach Bum or etc.! Play games and dance the night away at the USA Dance Party!

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 prepping them for evaluations and will focus on helping them accomplish camp goals.

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

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



2019 SPIRIT (SONG/POM ELITE)

DAY ONE	DAY TWO	DAY THREE	DAY FOUR
9:00 am Camp Registration Begins	7:00 am BREAKFAST	7:00 am BREAKFAST	7:00 am BREAKFAST
Lunch is not provided on Day 1.	8:15 am Captains Meeting 2	8:15 am Captains Meeting 3	8:30 am Coaches Meeting 4 Warm-Ups/Camp Dance Showcase
12:00 pm Camp Registration Ends	8:30 am Coaches Meeting 2 Warm-Ups/Camp Dance	8:30 am Coaches Meeting 3 Warm-Ups/Camp Dance	9:00 am Review/Game Day Prep
12:30 pm Arrive to Main Meeting Area	9:00 am Game Day 101 Workshop Game Day Prep Gatorade Break	9:00 am Routine A & B Review	9:30 am Game Day Evaluation
12:45 pm Captains Meeting 1	10:00 am Team Routine Review (Pom)	10:00 am Routine A & B Evaluation	10:30 am Routine C Showcase Staff TeamMate Wrap Up
1:00 pm Opening Ceremonies	10:30 am Team Routine (Funky Sideline)	11:00 am Choose Your Challenge	11:00 am TeamMaker Workshop
1:30 pm Coaches Meeting 1 Motion Technique, Sideline Cheers & Band Chant	11:30 am LUNCH	11:30 am LUNCH	11:30 am Closing Ceremonies Technique Challenge Dance Star Finals Pin It Forward Final Awards
2:30 pm Dance Warm-Up Routine A1	1:00 pm Dance Warm Up/Pom Technique	1:00 pm Coaches Certification Routine C2	
3:30 pm Routine B1	1:30 pm Specialty Workshop* Coaches Camp Assessment	1:30 pm Team Routine Prep	
4:30 pm DINNER	2:30 pm Routine A2	2:00 pm Team Routine Evaluation	
6:00 pm Fight Song Evaluation Staff TeamMate Intros Coaches Goal Setting Staff TeamMate Rap	3:30 pm Routine B2	3:00 pm Dance Star Prelims	
7:00 pm Team Routine (Pom Sideline)	4:30 pm DINNER	3:30 pm Game Day Prep Staff TeamMate Wrap Up	
8:00 pm Camp Dance Unity Games	6:00 pm Routine C1	4:30 pm DINNER	
9:00 pm All Camp Meeting	7:00 pm Team Routines Review	6:30 pm Spirit Rally USA Road Trip!	
	8:00 pm Specialty Workshop 1 Review	7:30 pm Spirit Awards USA Dance Party	
	8:45 pm Staff TeamMate Wrap Up Pin It Forward Spirit Awards	8:00 pm Practice/Free Time	

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

**SPECIALTY WORKSHOP Please see Head Instructor for list of classes offered at your 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
Captains Meetings	Warm-Ups	Sideline Cheers	Routine A & B	Spirit Awards
Unity Games	Motion Technique	Fight Song Evaluation	Specialty Workshop	Spirit Rally
All-American	Specialty Workshop	Game Day 101	Routine A & B Eval	Staff TeamMate Rap
TeamMaker Workshop	Choose Your Challenge	Game Day Evaluation	Team Routine Eval	Dance Star
Pin It Forward	Technique Challenge		Camp Dance Showcase	

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.

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.

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

CHOOSE YOUR CHALLENGE – In this workshop, teams will work on specific technique and/or specialty skills of their choice.

DANCE STAR & ALL-AMERICAN - Dancers are recognized with ribbons for their effort, attitude, and performance in routine classes. Ribbon winners will perform the Team Routine. Selected semi-finalists perform an across-the-floor combination to showcase their technical abilities. The finalists will perform at closing ceremonies. Dancers that take part in the Dance Star process will have the opportunity to be selected as an All-American.

EVALUATIONS

- **FIGHT SONG EVALUATION (Optional)** This evaluation takes place on DAY 1 of camp. 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.
- **ROUTINE A & B EVALUATION** - This evaluation takes place on DAY 3 of camp. Campers will perform Routine A & B and will receive individual verbal feedback. Emphasis on KNOWLEDGE, EXECUTION & SHOWMANSHIP.
- **TEAM ROUTINE EVALUATION** – Teams will learn two “Team Routines” (Pom Sideline and Funky Sideline). They will receive a written evaluation on their performance. Emphasis on KNOWLEDGE, EXECUTION & SHOWMANSHIP.
- **GAME DAY EVALUATION** - This evaluation takes place on DAY 4 of camp. 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.

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

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2019 SPIRIT (SONG ELITE RESORT)

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12:30 pm	Arrive to Main Meeting Area	9:00 am	Game Day 101 Workshop Game Day Prep Gatorade Break	9:00 am	Routine A & B Review	9:30 am	Game Day Evaluation
12:45 pm	Captains Meeting 1	10:00 am	Team Routine Review (Pom)	10:00 am	Routine A & B Evaluation	10:30 am	Staff TeamMate Wrap Up Final Review
1:00 pm	Opening Ceremonies	10:30 am	Team Routine (Funky Sideline)	11:00 am	Choose Your Challenge	11:00 am	TeamMaker Workshop
1:30 pm	Coaches Meeting 1 Motion Technique, Sideline Cheers & Band Chant	11:30 am	LUNCH	11:30 am	LUNCH	11:30 am	Closing Ceremonies Technique Challenge Dance Star Finals Pin It Forward Final Awards
2:30 pm	Dance Warm-Up Routine A1	1:00 pm	Dance Warm-Up/Pom Technique	1:00 pm	Coaches Certification Team Routine Prep	<i>Camp should end at approx. 12:30 pm depending upon the size of the camp.</i>	
3:30 pm	Routine B1	1:30 pm	Specialty Workshop* Coaches Camp Assessment	2:00 pm	Team Routine Evaluation	<i>*SPECIALTY WORKSHOP Please see Head Instructor for list of classes offered at your camp.</i>	
4:30 pm	DINNER	2:30 pm	Routine A2	3:00 pm	Dance Star Prelims	 <p>NFHS CREDENTIALING CLASSES (see page 2)</p>	
6:00 pm	Fight Song Evaluation Staff TeamMate Intros Coaches Goal Setting Staff TeamMate Rap	3:30 pm	Routine B2	3:30 pm	Game Day Prep		
7:00 pm	Team Routine (Pom Sideline)	4:30 pm	Team Routine Review (Funky) Staff TeamMate Wrap Up Spirit Awards	4:30 pm	Pin It Forward Staff TeamMate Wrap Up		
8:00 pm	Camp Dance Unity Games	5:00 pm	DINNER	5:00 pm	DINNER		
9:00 pm	All Camp Meeting	7:00 pm	Free Time (Practice space available from 7pm-9pm)	6:30 pm	Spirit Rally USA Road Trip!		
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Captains Meetings	Warm-Ups	Sideline Cheers	Routine A & B	Spirit Awards
Unity Games	Motion Technique	Fight Song Evaluation	Specialty Workshop	Spirit Rally
All-American	Specialty Workshop	Game Day 101	Routine A & B Eval	Staff TeamMate Rap
TeamMaker Workshop	Choose Your Challenge	Game Day Evaluation	Team Routine Eval	Dance Star
Pin It Forward	Technique Challenge		Camp Dance Showcase	

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