



2019 SPIRIT (CHEER EXPRESS)

DAY ONE	DAY TWO	DAY THREE
9:00 am Camp Registration Begins	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
12:00 pm Camp Registration Ends	8:30 am Coaches Meeting 2 (Camp Assessment)	8:30 am Coaches Meeting 3
12:30 pm Arrive to Main Meeting Area	Warm-Ups/Camp Dance	Warm-Ups/Camp Dance Showcase
12:45 pm Captains Meeting 1	9:00 am Game Day 101 Workshop	9:00 am Review/Game Day Prep
1:00 pm Opening Ceremonies	Game Day Prep	9:30 am Game Day Evaluation
1:30 pm Coaches Meeting 1	Gatorade Break	10:30 am Staff TeamMate Wrap Up
Motion Technique, Sideline Cheers & Band Chant	10:00 am Stunt Workshop 2	Final Review
2:30 pm Stunt Workshop 1	11:30 am LUNCH	11:00 am TeamMaker Workshop
3:30 pm USA Routine	1:00 pm Specialty Workshop*	11:30 am Closing Ceremonies
4:30 pm DINNER	2:00 pm Stunt Workshop 3	Pin It Forward
6:00 pm Fight Song Evaluation	3:00 pm Game Day Prep	Final Awards
7:00 pm Staff TeamMate Intros	3:30 pm All-American Tryouts	
Coaches Goal Setting	Pin It Forward	
Material Review	Staff TeamMate Wrap Up	
Staff TeamMate Rap	4:30 pm DINNER	
8:00 pm Camp Dance	6:30 pm Spirit Rally	
Unity Games	USA Road Trip!	
Spirit Awards	7:30 pm Spirit Awards	
9:00 pm All Camp Meeting	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
All-American	Stunts/Pyramids	Game Day 101	Camp Dance Showcase	Staff TeamMate Rap
TeamMaker Workshop	Review/Prep	Game Day Evaluation		
Pin It Forward				

ALL-AMERICAN TRYOUT – 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!

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.
- **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.! 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!

USA ROUTINE – 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.



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

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Unity Games	Motion Technique	Fight Song Evaluation	Specialty Workshop	Spirit Rally
All-American	Specialty Workshop	Game Day 101	Routine A Showcase	Staff TeamMate Rap
TeamMaker Workshop		Game Day Evaluation	Team Routine Eval	
Pin It Forward			Camp Dance Showcase	

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EVALUATIONS/SHOWCASES

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- **ROUTINE A SHOWCASE** - This showcase takes place on DAY 3 of camp. Campers will gain performance experience and confidence by showcasing this routine.
- **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 3 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.

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