



# 2019 SPIRIT (CHEER PREMIER RESORT)

## 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

**12:45 pm Captains Meeting 1**

**1:00 pm Opening Ceremonies**

**1:30 pm Coaches Meeting 1**  
Motion Technique, Sideline  
Cheers & Band Chant

2:30 pm Stunt Workshop 1

3:30 pm USA Routine

**4:30 pm DINNER**

6:00 pm Fight Song Evaluation

7:00 pm Staff TeamMate Intros  
**Coaches Goal Setting**  
Material Review  
Staff TeamMate Rap

8:00 pm Camp Dance  
Unity Games

9:00 pm All Camp Meeting

## DAY TWO

7:00 am BREAKFAST

**8:15 am Captains Meeting 2**

**8:30 am Coaches Meeting 2**  
Warm-Ups/Camp Dance

9:00 am Game Day 101 Workshop  
Game Day Prep  
**Gatorade Break**

10:00 am USA Routine Prep

**11:30 am LUNCH**

1:00 pm Specialty Workshop 1\*  
**Coaches Camp Assessment**

2:00 pm Stunt Workshop 2

3:30 pm USA Routine Prep

4:30 pm All-American Tryouts  
Staff TeamMate Wrap Up  
Spirit Awards

**5:00 pm DINNER**

7:00 pm Free Time  
(Practice space available from  
7:00 pm to 9:00 pm)

## DAY THREE

7:00 am BREAKFAST

**8:15 am Captains Meeting 3**

**8:30 am Coaches Meeting 3**  
Warm-Ups/Camp Dance

9:00 am Stunt Workshop 3 (Pyramids)

10:30 am Specialty Workshop 2\*

**11:30 am LUNCH**

**1:00 pm Coaches Certification**  
Specialty Workshop Review

1:30 pm USA Routine Prep

2:30 pm USA Routine Evaluation

3:30 pm Game Day Prep

4:30 pm All-American Tryouts (cont.)  
Pin It Forward  
Staff TeamMate Wrap Up

**5:00 pm DINNER**

6:30 pm Spirit Rally  
**USA Road Trip!**

7:30 pm Spirit Awards  
USA Dance Party

8:00 pm Practice/Free Time

## DAY FOUR

7:00 am BREAKFAST

**8:30 am Coaches Meeting 4**  
Warm-Ups/Camp Dance Showcase

9:00 am Review/Game Day Prep

9:30 am Game Day Evaluation

10:30 am Staff TeamMate Wrap Up  
Specialty Workshop Review

11:00 am TeamMaker Workshop

11:30 am Closing Ceremonies  
Pin It Forward  
Final Awards

*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.



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## 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	USA Routine Evaluation	Staff TeamMate Rap
TeamMaker Workshop	Review/Prep	Game Day Evaluation	Camp Dance Showcase	
Pin It Forward				

**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!

**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 PREMIER)

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<i>Lunch is not provided on Day 1.</i>	
12:00 pm	Camp Registration Ends
12:30 pm	Arrive to Main Meeting Area
<b>12:45 pm</b>	<b>Captains Meeting 1</b>
<b>1:00 pm</b>	<b>Opening Ceremonies</b>
<b>1:30 pm</b>	<b>Coaches Meeting 1</b> Motion Technique, Sideline Cheers & Band Chant
2:30 pm	Stunt Workshop 1
3:30 pm	USA Routine
4:30 pm	DINNER
6:00 pm	Fight Song Evaluation
7:00 pm	Staff TeamMate Intros <b>Coaches Goal Setting</b> Material Review Staff TeamMate Rap
8:00 pm	Camp Dance Unity Games
9:00 pm	All Camp Meeting

## DAY TWO

7:00 am	BREAKFAST
<b>8:15 am</b>	<b>Captains Meeting 2</b>
<b>8:30 am</b>	<b>Coaches Meeting 2</b> Warm-Ups/Camp Dance
9:00 am	Game Day 101 Workshop Game Day Prep <b>Gatorade Break</b>
10:00 am	USA Routine Prep
11:30 am	LUNCH
1:00 pm	Specialty Workshop 1* <b>Coaches Camp Assessment</b>
2:00 pm	Stunt Workshop 2
3:30 pm	USA Routine Prep
4:30 pm	DINNER
6:00 pm	All-American Tryouts
7:00 pm	Staff TeamMate Coaching
8:00 pm	Specialty Workshop 1 Review
8:45 pm	Staff TeamMate Wrap Up Pin It Forward Spirit Awards

## DAY THREE

7:00 am	BREAKFAST
<b>8:15 am</b>	<b>Captains Meeting 3</b>
<b>8:30 am</b>	<b>Coaches Meeting 3</b> Warm-Ups/Camp Dance
9:00 am	Stunt Workshop 3 (Pyramids)
10:30 am	Specialty Workshop 2*
11:30 am	LUNCH
<b>1:00 pm</b>	<b>Coaches Certification</b> Specialty Workshop 2 Review
1:30 pm	USA Routine Prep
2:30 pm	USA Routine Evaluation
3:30 pm	Game Day Prep Staff TeamMate Wrap Up
4:30 pm	DINNER
6:30 pm	Spirit Rally <b>USA Road Trip!</b>
7:30 pm	Spirit Awards USA Dance Party
8:00 pm	Practice/Free Time

## DAY FOUR

7:00 am	BREAKFAST
<b>8:30 am</b>	<b>Coaches Meeting 4</b> Warm-Ups/Camp Dance Showcase
9:00 am	Review/Game Day Prep
9:30 am	Game Day Evaluation
10:30 am	Staff TeamMate Wrap Up Final Review
11:00 am	TeamMaker Workshop
11:30 am	Closing Ceremonies Pin It Forward Final Awards

*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)

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Unity Games	Motion Technique	Fight Song Evaluation	Specialty Workshop	Spirit Rally
All-American	Stunts/Pyramids	Game Day 101	USA Routine Evaluation	Staff TeamMate Rap
TeamMaker Workshop	Review/Prep	Game Day Evaluation	Camp Dance Showcase	
Pin It Forward				

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### EVALUATIONS

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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.

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**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 PREMIER RESORT)

## 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

**12:45 pm Captains Meeting 1**

**1:00 pm Opening Ceremonies**

**1:30 pm Coaches Meeting 1**  
Motion Technique, Sideline  
Cheers & Band Chant

2:30 pm Staff TeamMate Intros  
Team Routine (Pom Sideline)

3:30 pm Routine A1

4:30 pm DINNER

6:00 pm Fight Song Evaluation  
**Coaches Goal Setting**  
Staff TeamMate Rap

7:00 pm Routine B1

8:00 pm Camp Dance  
Unity Games

9:00 pm All Camp Meeting

## DAY TWO

7:00 am BREAKFAST

**8:15 am Captains Meeting 2**

**8:30 am Coaches Meeting 2**  
Warm-Ups/Camp Dance

9:00 am Game Day 101 Workshop  
Game Day Prep  
**Gatorade Break**

10:00 am Team Routine (Funky Sideline)

11:30 am LUNCH

1:00 pm Specialty Workshop\*  
**Coaches Camp Assessment**

2:00 pm Material Review (Team Routines)

2:30 pm Routine A2

3:30 pm Routine B2

4:30 pm All-American Tryouts  
Staff TeamMate Wrap Up  
Spirit Awards

5:00 pm DINNER

7:00 pm Free Time  
(Practice space available from  
7:00 pm to 9:00 pm)

## DAY THREE

7:00 am BREAKFAST

**8:15 am Captains Meeting 3**

**8:30 am Coaches Meeting 3**  
Warm-Ups/Camp Dance

9:00 am Routine A3

10:00 am Routine A Evaluation

11:00 am Choose Your Challenge

11:30 am LUNCH

**1:00 pm Coaches Certification**  
Routine B3

1:30 pm Team Routine Prep

2:30 pm Team Routine Evaluation

3:30 pm Game Day Prep

4:30 pm All-American Tryouts (cont.)  
Pin It Forward  
Staff TeamMate Wrap Up

5:00 pm DINNER

6:30 pm Spirit Rally  
**USA Road Trip!**

7:30 pm Spirit Awards  
USA Dance Party

8:00 pm Practice/Free Time

## DAY FOUR

7:00 am BREAKFAST

**8:30 am Coaches Meeting 4**  
Warm-Ups/Camp Dance Showcase

9:00 am Review/Game Day Prep

9:30 am Game Day Evaluation

10:30 am Routine B Showcase  
Staff TeamMate Wrap Up

11:00 am TeamMaker Workshop

11:30 am Closing Ceremonies  
Pin It Forward  
Final Awards

*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.



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## 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	Technique Workshop	Game Day 101	Routine A Eval	Staff TeamMate Rap
TeamMaker Workshop	Choose Your Challenge	Game Day Evaluation	Team Routine Eval	
Pin It Forward			Camp Dance Showcase	

**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!

**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.

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

### EVALUATIONS

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- **ROUTINE A EVALUATION** - This evaluation takes place on DAY 3 of camp. Campers will perform Routine A 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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12:00 pm Camp Registration Ends

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**1:00 pm Opening Ceremonies**

**1:30 pm Coaches Meeting 1**  
Motion Technique, Sideline  
Cheers & Band Chant

2:30 pm Staff TeamMate Intros  
Team Routine (Pom Sideline)

3:30 pm Routine A1

4:30 pm DINNER

6:00 pm Fight Song Evaluation  
**Coaches Goal Setting**  
Staff TeamMate Rap

7:00 pm Routine B1

8:00 pm Camp Dance  
Unity Games

9:00 pm All Camp Meeting

## DAY TWO

7:00 am BREAKFAST

**8:15 am Captains Meeting 2**

**8:30 am Coaches Meeting 2**  
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9:00 am Game Day 101 Workshop  
Game Day Prep  
**Gatorade Break**

10:00 am Team Routine (Funky Sideline)

11:30 am LUNCH

1:00 pm Specialty Workshop\*  
**Coaches Camp Assessment**

2:00 pm Material Review (Team Routines)

2:30 pm Routine A2

3:30 pm Routine B2

4:30 pm DINNER

6:00 pm All-American Tryouts

7:00 pm Technique Workshop

8:00 pm Material Review

8:45 pm Staff TeamMate Wrap Up  
Pin It Forward  
Spirit Awards

## DAY THREE

7:00 am BREAKFAST

**8:15 am Captains Meeting 3**

**8:30 am Coaches Meeting 3**  
Warm-Ups/Camp Dance

9:00 am Routine A3

10:00 am Routine A Evaluation

11:00 am Choose Your Challenge

11:30 am LUNCH

**1:00 pm Coaches Certification**  
Routine B3

2:00 pm Team Routine Prep

2:30 pm Team Routine Evaluation

3:30 pm Game Day Prep  
Staff TeamMate Wrap Up

4:30 pm DINNER

6:30 pm Spirit Rally  
**USA Road Trip!**

7:30 pm Spirit Awards  
USA Dance Party

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Staff TeamMate Wrap Up

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Pin It Forward  
Final Awards

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(see page 2)

Times and class titles are subject to change.

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Captains Meetings	Warm-Ups	Sideline Cheers	Routine A & B	Spirit Awards
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All-American	Technique Workshop	Game Day 101	Routine A Eval	Staff TeamMate Rap
TeamMaker Workshop	Choose Your Challenge	Game Day Evaluation	Team Routine Eval	
Pin It Forward			Camp Dance Showcase	

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