



2019 SPIRIT (CHEER YOUR WAY)

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 USA Routine A "Song TBA"
2:00 pm	Stunt Workshop
3:00 pm	Session 1
4:30 pm	DINNER
6:00 pm	Session 1 Review
7:00 pm	Staff TeamMate Intros Coaches Goal Setting USA Routine A Review
7:30 pm	All-American Tryout Cheer Staff TeamMate Rap
8:00 pm	Camp Dance Unity Games Spirit Awards
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	USA Routine A Prep Gatorade Break
10:00 am	Session 2
11:15 am	All-American Cheer Review
11:30 am	LUNCH
1:00 pm	All-American Tryouts Coaches Camp Assessment
1:30 pm	Session 2 Review
2:30 pm	Session 3
4:15 pm	Staff TeamMate Wrap Up
4:30 pm	DINNER
6:00 pm	Spirit Rally USA Road Trip!
7:00 pm	Spirit Awards Pin It Forward USA Dance Party
7:30 pm	Review/Practice or Free Time (Practice Space Available until 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 Showcase
9:00 am	USA Routine Prep
10:00 am	USA Routine Evaluation
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.	

Please indicate below the classes you would like to have take place (per team) during the session hours. All class options are listed to the right. Please note what class you want for each team for each session.

Camp Date/Location: _____

Session 1: _____

Session 2: _____

Session 3 : _____

SESSION OPTIONS

- SESSION 1:**
- Sideline Class** (2 Sidelines Cheers & 1 Band Chants - Song "TBA")
 - Time Out Class** (1 Crowd Getter & 1 Time Out Dance - Song "TBA")
 - Halftime Class** (1 Hip Hop Dance - Song "TBA")
 - Skills Class** (Stunt Technique/Transitions)
 - Skills Class** (Pyramids)
- SESSION 2:**
- Sideline Class** (3 Sidelines Cheers & 1 Band Chant - Song "TBA")
 - Time Out Class** (1 Crowd Getter & 1 Time Out Dance - Song "TBA")
 - Halftime Class** (USA Routine B - Song "TBA")
 - Skills Class** (Stunt Technique/Transitions)
 - Skills Class** (Jump & Tumbling Technique & Sequences)
- SESSION 3:**
- Halftime Class** (USA Routine C - Song "TBA")
 - Halftime Class** (1 Hip Hop Dance - Song "TBA")
 - Game Day 101 Class** (Game Day Planning Skills & Crowdleading Techniques)
 - Skills Class** (Pyramids)
 - Skills Class** (Basket Tosses)



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 Classes	Halftime Classes	Spirit Awards
All-American	Skills Classes	Time Out Classes	USA Routine Evaluation	Spirit Rally
Pin It Forward	Review/Prep	Game Day 101 Class	Camp Dance Showcase	Staff TeamMate Rap
TeamMaker Workshop				

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. Song Titles “TBA” & “TBA”.

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. Song Titles “TBA” & “TBA”.

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. Song Titles “TBA” & “TBA”.

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. Song Titles “TBA,” “TBA” & “TBA”.

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. Song Titles “TBA” & “TBA”.

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 on your sidelines and also at USA Game Day Championships!

CLASS DESCRIPTIONS

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 important items for the day. Captains will gain a sense of responsibility for their team and begin to develop and utilize their leadership skills.

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!

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.

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

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.



2019 SPIRIT (SONG/POM YOUR WAY)

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
Dance Warm-Up

2:00 pm Team Routine (Pom Sideline)

3:00 pm Session 1

4:30 pm DINNER

6:00 pm Session 1 Review

7:00 pm Staff TeamMate Intros
Coaches Goal Setting
Team Routine
(Funky Sideline Part 1)

7:45 pm Staff TeamMate Rap

8:00 pm Camp Dance
Unity Games
Spirit Awards

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 Team Routine
(Funky Sideline Part 2)
Team Routines Review
Gatorade Break

10:15 am Session 2

11:15 am Team Routine Review (Pom)

11:30 am LUNCH

1:00 pm All-American Tryouts
Coaches Camp Assessment

1:30 pm Session 2 Review

2:30 pm Session 3

4:15 pm Staff TeamMate Wrap Up

4:30 pm DINNER

6:00 pm Spirit Rally
USA Road Trip!

7:00 pm Spirit Awards
Pin It Forward
USA Dance Party

7:30 pm Review/Practice or Free Time
(Practice Space Available until 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 Showcase

9:00 am Team Routine Prep

10:00 am Team Routine Evaluation

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.

Please indicate below the classes you would like to have take place (per team) during the session hours. All class options are listed to the right. Please note what class you want for each team for each session.

Camp Date/Location: _____

Session 1: _____

Session 2: _____

Session 3: _____

SESSION OPTIONS

- SESSION 1:**
- Halftime Class** – 1 USA Routine (Choose routine from USA Routine list on page 2).
Routine Choice: _____
 - Game Day 101 Class** (Game Day Planning Skills & Crowdleading Techniques)
 - Skills Class** – Technique (Beg/Int/Adv)
Select level: _____
- SESSION 2:**
- Halftime Class** – 1 USA Routine (Choose routine from USA Routine list on page 2).
Routine Choice: _____
 - Sideline Class** (3 Sideline Cheers & 1 Band Chant)
 - Skills Class** - Technique – (Beg/Int/Adv)
Select level: _____
- SESSION 3:**
- Game Day 101 Class** (Game Day Planning Skills & Crowdleading Techniques)
 - Time Out Class** – (1 Time-out Routine- Pom, Jazz or Hip Hop) Indicate 2 style preferences.
1st style preference: _____
2nd style preference: _____
 - Skills Class** - Leaps/Jumps
 - Skills Class** - Turn Technique



NFHS CREDENTIALING CLASSES
(see page 2)

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NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Captains Meetings	Warm-Ups	Sideline Classes	Halftime Classes	Spirit Awards
Unity Games	Skills Classes	Time Out Classes	Team Routine Eval	Spirit Rally
All-American	Review/Prep	Game Day 101 Class	Camp Dance Showcase	Staff TeamMate Rap
TeamMaker Workshop				
Pin It Forward				

SESSION OPTIONS

USA ROUTINE - Routines that are appropriate for half-time performances, time-outs, rally performances and other school events. Styles offered may include: pom, hip hop, jazz and novelty. Various levels are available (all level, level 1, level 2 and level 3). See USA Routine list below to make your selections. One full routine will take 2 hours of instruction.

USA ROUTINE LIST (Indicate Routine Choice from below list):

Pom/Dance Routine	Level 3 - "Song TBA"	Jazz Rally Routine	Level 2 - "Song TBA"
Hip Hop Routine	Level 3 - "Song TBA"	Hip Hop Rally Routine	Level 2 - "Song TBA"
Jazz Routine	Level 2/3 - "Song TBA"	Pom Routine Routine	All Level - "Song TBA"

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 on your sidelines and also at USA Game Day Championships!

TECHNIQUE - Work on proper execution of turns, kicks, leaps, etc. Class levels offered: Beginning, Intermediate and Advanced.

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. Song Titles "TBA" & "TBA".

TIME-OUT ROUTINE - A short routine of 4 - 6 eight counts that repeat. Perfect for a time-out at a game. Indicate a 1st and 2nd style preference. Style options: Pom, Jazz or Hip Hop.

LEAPS JUMPS CLASS – Focus on drills and exercises that help improve flexibility and leap/jump execution and technique.

TURN TECHNIQUE – Focus on drills and exercises that help improve spotting, balance and overall execution of turns and turning specialty skills.

CLASS DESCRIPTIONS

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

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.