



# 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.

**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.

### 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 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.

**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, 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!



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## 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 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
- 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.*



## 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	

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**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.

### 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 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.

**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, 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

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 Dance Warm-Up Routine A1

3:30 pm Routine B1

4:30 pm DINNER

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

7:00 pm Team Routine (Pom Sideline)

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 Review (Pom)

10:30 am Team Routine (Funky Sideline)

11:30 am LUNCH

1:00 pm Dance Warm Up/Pom Technique

1:30 pm Specialty Workshop\*  
**Coaches Camp Assessment**

2:30 pm Routine A2

3:30 pm Routine B2

4:30 pm DINNER

6:00 pm Routine C1

7:00 pm Team Routines Review

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

**8:15 am Captains Meeting 3**

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

9:00 am Routine A & B Review

10:00 am Routine A & B Evaluation

11:00 am Choose Your Challenge

11:30 am LUNCH

**1:00 pm Coaches Certification**  
Routine C2

1:30 pm Team Routine Prep

2:00 pm Team Routine Evaluation

3:00 pm Dance Star Prelims

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

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 C Showcase  
Staff TeamMate Wrap Up

11:00 am TeamMaker Workshop

11:30 am Closing Ceremonies  
Technique Challenge  
Dance Star Finals  
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.

## 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.

**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, etc.! Play games and dance the night away at the USA Dance Party!

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



# 2019 SPIRIT (SONG ELITE RESORT)

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	<b>Coaches Meeting 4</b> Warm-Ups/Camp Dance Showcase
12:00 pm	Camp Registration Ends	8:30 am	<b>Coaches Meeting 2</b> Warm-Ups/Camp Dance	8:30 am	<b>Coaches Meeting 3</b> 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 <b>Gatorade Break</b>	9:00 am	Routine A & B Review	9:30 am	Game Day Evaluation
12:45 pm	<b>Captains Meeting 1</b>	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	<b>Opening Ceremonies</b>	10:30 am	Team Routine (Funky Sideline)	11:00 am	Choose Your Challenge	11:00 am	TeamMaker Workshop
1:30 pm	<b>Coaches Meeting 1</b> 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	<b>Coaches Certification</b> 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* <b>Coaches Camp Assessment</b>	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		
6:00 pm	Fight Song Evaluation Staff TeamMate Intros <b>Coaches Goal Setting</b> 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 <b>USA Road Trip!</b>		
				7:30 pm	Spirit Awards USA Dance Party		
				8:00 pm	Practice/Free Time		



**NFHS CREDENTIALING CLASSES**  
(see page 2)

Times and class title 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.

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- **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.
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**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 EXPRESS)

## 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 Technique Workshop

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 (Camp Assessment)**  
Warm-Ups/Camp Dance

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

10:00 am Routine A2

**11:30 am LUNCH**

1:00 pm Specialty Workshop\*

2:00 pm Team Routine Prep  
Team Routine Evaluation

3:00 pm Game Day Prep

3:30 pm All-American Tryouts  
Pin It Forward  
Staff TeamMate Wrap Up

**4:30 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 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 Review/Game Day Prep

9:30 am Game Day Evaluation

10:30 am Routine A 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.

## NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Captains Meetings	Warm-Ups	Sideline Cheers	Routine A	Spirit Awards
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	

**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/SHOWCASES

- **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 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.

**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, etc.! Play games and dance the night away at the USA Dance Party!

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



# 2019 SPIRIT (SONG/POM YOUR WAY)

## DAY ONE

9:00 am	Camp Registration Begins
<b>Lunch is not provided on Day 1.</b>	
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> 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 <b>Coaches Goal Setting</b> 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
<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	Team Routine (Funky Sideline Part 2) Team Routines Review <b>Gatorade Break</b>
10:15 am	Session 2
11:15 am	Team Routine Review (Pom)
11:30 am	LUNCH
1:00 pm	All-American Tryouts <b>Coaches Camp Assessment</b>
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 <b>USA Road Trip!</b>
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
<b>8:15 am</b>	<b>Captains Meeting 3</b>
<b>8:30 am</b>	<b>Coaches Meeting 3</b> 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
<b>Camp should end at approx. 12:30 pm depending upon the size of the camp.</b>	

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.  
1<sup>st</sup> style preference: \_\_\_\_\_  
2<sup>nd</sup> style preference: \_\_\_\_\_
  - Skills Class** - Leaps/Jumps
  - Skills Class** - Turn Technique



**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
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 1<sup>st</sup> and 2<sup>nd</sup> 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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