

2020 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) Warm-Ups/Camp Dance	8:30 am Coaches Meeting 3 Warm-Ups/Camp Dance
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 Stunt Workshop 2	9:30 am Game Day Evaluation
1:00 pm Opening Ceremonies Warm-Ups	11:30 am LUNCH	10:30 am Staff TeamMate Wrap-Up Final Review
1:30 pm Coaches Meeting 1 Motion Technique Game Day Material	1:00 pm Specialty Workshop*	11:00 am TeamMaker Workshop
2:30 pm Stunt Workshop 1	2:00 pm Stunt Workshop 3	11:30 am Closing Ceremonies Pin It Forward Final Awards
3:30 pm USA Routine	3:00 pm Game Day Prep	<i>Camp should end at approx. 12:30 pm depending upon the size of the camp.</i>
4:30 pm DINNER	3:30 pm All-American Tryouts Pin It Forward 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/ Home Routine Showcase	4:30 pm DINNER	
7:00 pm Staff TeamMate Intros Coaches Goal Setting Material Review Staff TeamMate Wrap-Up	6:30 pm USA Spirit Rally Better Together!	
8:00 pm NFHS Credentialing Intro Camp Dance Unity Games Spirit Awards	7:30 pm Spirit Awards USA Dance Party	
9:00 pm All Camp Meeting	8:00 pm Practice/Free Time	



PARTNER

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	Game Day Material	Home Routine Showcase	Unity Games
All-American	Motion Technique	Fight Song Evaluation	USA Routine	Spirit Awards
TeamMaker Workshop	Stunts	Game Day 101	Specialty Workshop	Spirit Rally
Pin It Forward	Pyramids	Game Day Evaluation		

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.

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/NFHS CREDENTIALING – 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, begin to develop and utilize their leadership skills all while learning about the NFHS Roles of a Spiritleader. By participating in daily classes, teams will become certified in the NFHS Roles of a Spiritleader and will receive a credentialing certificate at the end of camp.

EVALUATIONS

- **FIGHT SONG EVALUATION/HOME ROUTINE SHOWCASE (Optional)** – Teams may bring a Fight Song to be evaluated and/or a home routine to showcase, limited to 1 minute per routine. The Fight Song evaluation/Home Routine Showcase takes place on DAY 1 of camp. Teams will receive written feedback for their Fight Song performance. 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. For the Home Routine Showcase, teams will receive verbal feedback from USA instructors. Home Routines can be performed with or without music.
- **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 – Better Together! Peanut Butter & Jelly, Charlie’s Angels, Mickey & Friends... some things are just better together! Link up with your teammate(s) and dress up as a dynamic duo, tremendous trio or fabulous four (or more)... the opportunities are endless ... So come celebrate a night that is better together with USA!

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 can add in skills (i.e. stunts & pyramids) after camp to the end for a more custom routine. Set to pre-cut music with sound effects and exciting edits.