



2020 SPIRIT (CHEER ELITE 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
Warm-Ups

1:30 pm Coaches Meeting 1
Motion Technique
Game Day Material

2:30 pm Stunt Workshop 1

3:30 pm USA Routine

4:30 pm DINNER

6:00 pm Fight Song Evaluation/
Home Routine Showcase

7:00 pm Staff TeamMate Intros
Coaches Goal Setting
Material Review
Staff TeamMate Wrap-Up

8:00 pm NFHS Credentialing Intro
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 Stunt Workshop 2

11:30 am LUNCH

1:00 pm Stunt Challenge Round 1

1:30 pm Specialty Workshop 1*
Coaches Camp Assessment

2:30 pm Stunt Workshop 3

3:15 pm USA Routine Prep
Staff TeamMate Wrap-Up

4:15 pm Spirit Star Prelims
Spirit Awards

5:00 pm DINNER

6:00 pm Free Time
(Practice space available from
6:00 pm-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 4 (Pyramids)

10:30 am Specialty Workshop 2*

11:30 am LUNCH

1:00 pm Coaches Certification
Stunt Challenge Round 2
Specialty Workshop 2 Review

1:30 pm USA Routine Prep

2:45 pm USA Routine Evaluation

3:45 pm Game Day Prep

4:45 pm Pin It Forward
Staff TeamMate Wrap-Up

5:00 pm DINNER

6:30 pm USA Spirit Rally
Better Together!

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

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
Final Stunt Challenge
Jump & Tumble Challenge
Spirit 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	Game Day Material	Home Routine	Unity Games
All-American	Motion Technique	Fight Song Evaluation	Showcase USA Routine	Spirit Awards
TeamMaker Workshop	Stunts/Pyramids	Game Day 101	Specialty Workshop	Spirit Rally
Pin It Forward	Stunt Challenge	Game Day Evaluation	USA Routine Evaluation	Spirit Star
	Jump & Tumble Challenge			

SPIRIT STAR & ALL-AMERICAN – Cheerleaders are recognized with ribbons for their effort, attitude, and performance in classes. Ribbon winners will perform a predetermined Sideline Cheer. Selected prelim-finalists perform a Time Out Cheer and are asked to incorporate their technical skills. The finalists will perform at closing ceremonies. Cheerleaders that take part in the Spirit Star process will have the opportunity to be selected as an All-American.

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.
- **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 (jumps, tumbling and/or 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 – 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!