



2020 SPIRIT (CHEER CAMP OF CHAMPS)

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

1:00 pm* Opening Ceremonies

**1:15 pm Coaches Meeting 1
(Coaches Consultation)**
Warm-Ups
Cheerleading & Jump Basics
Jump-Off

1:45 pm Stunt Introduction

2:30 pm Meet your Staff TeamMate
Personal Training 1

3:30 pm Friday Night Lights

4:30 pm DINNER

6:30 pm* Fight Song Evaluation/
Home Routine Showcase

7:30 pm Material Review

8:00 pm* NFHS Credentialing Intro
Unity Games
Spirit Awards

9:00 pm* Day 1 Wrap-Up
All Camp Meeting

DAY TWO

7:00 am BREAKFAST

8:15 am Captains Meeting 1

8:30 am Coaches Meeting 2
Warm-Ups & Review

9:00 am Stunt Progressions
Gatorade Break

10:30 am Personal Training 2

11:30 am LUNCH

1:00 pm Stunt-Off
Coaches Camp Assessment

1:30 pm Game Day Material

2:30 pm Stunt Progressions (Pyramids)

3:15 pm Open Practice

4:15 pm* Pin It Forward
Day 2 Wrap-Up
Spirit Awards

4:30 pm DINNER

NIGHT OFF!

DAY THREE

7:00 am BREAKFAST

8:15 am Captains Meeting 2

8:30 am Coaches Meeting 3
Warm-Ups & Review

9:00 am Stunt Progressions

10:30 am Personal Training 3

11:30 am LUNCH

1:00 pm Coaches Certification
Stunt-Off

1:30 pm Game Day Evaluation

2:30 pm Made 2 Order

3:15 pm Open Practice
(Main Floor Rotation)

4:15 pm Class Yell
Day 3 Wrap-Up

4:30 pm DINNER

6:30 pm* Class Competition
Spirit Awards
USA Dance Party

DAY FOUR

7:00 am BREAKFAST

8:15 am Captains Meeting 3

8:30 am Coaches Meeting 4
Warm-Ups & Review

9:00 am Personal Training 4

9:30 am* Friday Night Lights Showdown

10:30 am* Stunt-Off

11:00 am* All-American Tryouts
Showstopper

11:30 am* Pin It Forward
Senior Spotlight
Final Awards

*Camp should end at approx. 12:30 pm
depending upon the size of the camp.*

**Cheer and Song Pom will be together during
these times.*



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 | Fight Song Evaluation | Friday Night Lights | Unity Games |
| All-American | Cheerleading Basics | Game Day Class | Home Routine Showcase | Spirit Awards |
| Pin It Forward | Jumps | Game Day Material | Made 2 Order | Class Competition |
| | Stunts | Game Day Evaluation | Friday Night Lights | |
| | Pyramids | | Showdown | |

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. 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!

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.

CLASS COMPETITION – Dress bow-to-toe in your class color and "GLOW FOR IT" at the annual Class Competition! Play games and dance the night away at this unforgettable glow-in-the-dark party!

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.

FRIDAY NIGHT LIGHTS SHOWDOWN – This competition takes place on DAY 4 of camp. Teams will perform a customized Friday Night Lights routine learned at camp to compete against other teams at camp. 1st, 2nd and 3rd place trophies will be awarded.

GAME DAY EVALUATION – This evaluation takes place on DAY 3 of camp. Teams are given a game situation and must respond appropriately with one of three Sideline Cheers learned at camp followed by a Band Chant, also learned at camp. Superior, Excellent or Outstanding ribbons will be awarded.

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.

JUMP-OFF – Each school will select their best jumper to compete in the Jump-off. The top jumper will be awarded a ribbon.

MADE 2 ORDER – A variety of routines of different styles and difficult levels will be offered during this class. These routines can be paired with the custom ending of your Friday Night routine to make an additional ready-to-go routine. To take full advantage of material being offered, it is recommended that you divide your team and have them attend all routines.

PERSONAL TRAINING – One-on-one time with your Staff TeamMate to prepare for the Game Day Evaluation and the Friday Night Lights “Show”-down.

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.

SHOWSTOPPER– The top All-American selected by the USA staff. The “Show”-stopper will receive a sweatshirt and a medallion.

SENIOR SPOTLIGHT – A special ceremony to recognize the seniors at camp.

STAFF TEAMMATE – Each team will be assigned a Staff TeamMate for camp. This staff member will work closely with your team to help them accomplish camp goals.

STUNT-OFF – Stunt groups will compete against other groups at camp by performing a variety of stunts. The top group will be awarded blue medallions.

TEAM UP FOR ST. JUDE – Teams are encouraged to participate in this philanthropy program supporting St. Jude Hospital by filling out fundraising letters.

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