



# 2020 SPIRIT (CHEER CHRISTIAN)

## 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\* Staff "Show"-off Red Carpet

**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/  
Daily Devotional

3:30 pm USA Routine

4:30 pm DINNER

6:30 pm Fight Song Evaluation/  
Home Routine "Show"-case

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 Opening Prayer

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

9:00 am Stunt Progressions  
**Gatorade Break**

10:30 am Staff TeamMate Time

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 Daily Devotional  
Camp Dance

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 Opening Prayer

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

9:00 am Stunt Progressions

10:30 am Staff TeamMate Time

11:30 am LUNCH

**1:00 pm Coaches Certification**  
Stunt-Off

1:30 pm Game Day Evaluation

2:30 pm Specialty Workshop

3:15 pm Daily Devotional  
Camp Dance

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 Opening Prayer

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

9:00 am Staff Teammate Time

9:30 am USA Routine Evaluation

10:30 am Stunt-Off

11:00 am All-American Tryouts  
"Show"-stopper

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.*



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
Daily Devotional	Warm-Ups	Fight Song Evaluation	USA Routine	Unity Games
All-American	Cheerleading Basics	Game Day Class	Home Routine “Show”-case	Spirit Awards
Pin It Forward	Jumps	Game Day Material	Specialty Workshop	Class Competition
	Stunts	Game Day Evaluation	USA Routine Evaluation	
	Pyramids			

**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!

**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.

**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.

**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 “SHOW”-CASE (Optional)** – This showcase/evaluation takes place on DAY 1 of camp. Teams may bring a Fight Song to be evaluated and/or a home routine to showcase, limited to 1 minute per routine. 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.

**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.

**“SHOW”-STOPPER** – 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.

**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 to help them accomplish camp goals.

**STAFF TEAMMATE TIME** – One-on-one time with your Staff TeamMate to prepare for the Game Day Evaluation and the USA Routine Evaluation.

**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!

**USA ROUTINE EVALUATION** – This evaluation takes place on DAY 4 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, jumps and/or stunts). Emphasis on CREATIVITY, TECHNIQUE & SHOWMANSHIP.