



2020 SPIRIT (CHEER YOUR WAY)

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 USA Routine or Game Day Material
2:00 pm	Stunt Workshop
3:00 pm	Session 1
4:30 pm	DINNER
6:00 pm	Fight Song Evaluation/ Home Routine Showcase
6:30 pm	Session 1 Review
7:00 pm	Staff TeamMate Intros Coaches Goal Setting USA Routine or Game Day Review
7:30 pm	All-American Tryout Cheer Staff TeamMate Wrap-Up
8:00 pm	NFHS Credentialing Intro 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 Warm-Ups/Camp Dance
9:00 am	USA Routine or Game Day Eval Prep Gatorade Break
10:00 am	Session 2
11:15 am	All-American Cheer Review
11:30 am	LUNCH
1:00 pm	All-American Tryouts
1:30 pm	Session 2 Review Coaches Camp Assessment
2:00 pm	Session 3
3:00 pm	USA Routine or Game Day Eval Prep
4:15 pm	Staff TeamMate Wrap-Up
4:30 pm	DINNER
6:00 pm	USA Spirit Rally Better Together!
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
8:15 am	Captains Meeting 3
8:30 am	Coaches Meeting 3 Warm-Ups/Camp Dance
9:00 am	USA Routine or Game Day Eval Prep
10:00 am	USA Routine or Game Day Evaluation
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.**

Please indicate below the classes and evaluations 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: _____

Evaluation: _____

Session 1: _____

Session 2: _____

Session 3: _____

SESSION OPTIONS

EVALUATION OPTIONS:

Please select ONE evaluation you would like your team to take part in. NOTE that if you select the Game Day evaluation you should not select the "Sideline Class" option for Session 1.

**USA Routine Evaluation (Halftime Routine)
Game Day Evaluation (Game Day Scenario)**
*see page 2 for evaluation descriptions

SESSION 1:

Sideline Class (3 Sideline Cheers & 1 Band Chant)

Time Out Class (1 Time Out Dance)

Halftime Class (1 Hip Hop Dance)

Skills Class (Stunt Technique/Transitions)

SESSION 2:

Sideline Class (1 Crowd Response Cheer & 1 Band Chant)

Halftime Class (1 Hip Hop Dance)

Skills Class (Stunt Technique/Transitions)

Skills Class (Pyramids)

SESSION 3:

Sideline Class (2 Crowd Getters)

Time Out Class (1 Time Out Dance)

Skills Class (Pyramids)

Skills Class (Basket Tosses)



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	USA Routine	Unity Games
All-American	Stunts	Fight Song Evaluation	Home Routine Showcase	Spirit Awards
Pin It Forward	Pyramids	Time/ Sideline Out Classes	Halftime Classes	Spirit Rally
TeamMaker Workshop	Basket Tosses	Game Day Evaluation	USA Routine Evaluation	

SESSION/ EVALUATION OPTIONS

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.

TIME OUT DANCES – Approximately four 8 counts of dance-type moves to music that repeat. Usually more straight arm or pom oriented; but has a cheer style to it. Set to pre-cut music, but can be adapted to fit any other music.

CROWD GETTERS – Cheer moves set to short, traditional pieces of music that can be easily played by the band or a sound system. Ideal way to incorporate sideline props such as signs, megaphones and flags.

HIP HOP ROUTINES – Approximately eight 8 counts of dance-type moves to music. Usually more funk or hip-hop oriented; but has a cheer style to it. Set to pre-cut music, but can be adapted to fit any other music.

STUNTS/PYRAMIDS/BASKET TOSSES – Work on stunting and building technique. Instructors will work and progress the level of your squad. In order to select Basket Tosses teams must be able to properly execute a straight up extension with a straight ride cradle.

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 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.

CLASS DESCRIPTIONS

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.

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.

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!

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.

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