



2020 SPIRIT (POM INTENSIVE)

DAY ONE		DAY TWO		DAY THREE	
9:00 am	Camp Registration Begins	BREAKFAST		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	8:30 am	Coaches Meeting 3 Warm-Ups
12:30 pm	Arrive to Main Meeting Area	9:00 am	Pom Technique/Drills	9:00 am	Team Routine Practice
12:45 pm	Captains Meeting 1	9:15 am	Team Routine Part 2	9:30 am	Team Routine Competition
1:00 pm	Opening Ceremonies	10:30 am	Specialty Workshop	10:30 am	Routine A & B Review Staff TeamMate Wrap-Up
1:15 pm	Staff TeamMate Intros Coaches Goal Setting Warm-Ups	11:30 am	LUNCH	11:00 am	Routine A & B Showcase
1:45 pm	Coaches Meeting 1 Team Routine Part 1	1:00 pm	Master Teacher	11:30 am	Dance Star Finals
2:45 pm	Routine A1	2:30 pm	Routine A2	11:45 pm	Closing Ceremonies Pin It Forward Final Awards
3:45 pm	Routine B1	3:15 pm	Routine B2	<i>Camp should end at approx. 12:30 pm depending upon the size of the camp.</i>	
4:30 pm	DINNER	4:30 pm	DINNER	<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	6:00 pm	Evening Stretch		
6:45 pm	Pom Technique/Drills	6:15 pm	Team Routine Review/Practice		
7:00 pm	Technique Workshop 1	7:00 pm	Routine A3		
8:00 pm	NFHS Credentialing Intro Unity Games Staff TeamMate Wrap-Up Spirit Awards	7:30 pm	Routine B3		
9:00 pm	All Camp Meeting	8:00 pm	Dance Star Prelims		
		8:30 pm	Staff TeamMate Wrap-Up Pin It Forward Spirit Awards		
		9:00 pm	Practice/Free Time		



NFHS CREDENTIALING CLASSES
(see page 2)

Times and class titles are subject to change.



NFHS CREDENTIALING – 5 ROLES OF A DANCER

AMBASSADOR	ATHLETE	PERFORMER	ROLE MODEL	SPIRIT RAISER
Unity Games	Warm-Ups	Routine A & B	Captains Meeting	Fight Song Evaluation
Team Up For St. Jude	Pom Technique/Drills	Home Routine Showcase	Dance Star Prelims	Spirit Awards
Pin It Forward	Technique Workshop Specialty Workshop	Routine A & B Showcase Master Class	Dance Star Finals	Team Routine Competition

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 ROLES OF A DANCER – 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 Dancer. By participating in daily classes, teams will become certified in the NFHS Roles of a Dancer and will receive a certificate at the end of camp.

DANCE STAR & ALL-AMERICAN - Dancers are recognized with ribbons for their effort, attitude, and performance in routine classes. Ribbon winners will perform the Team Routine. Selected semi-finalists perform an across-the-floor combination to showcase their technical abilities. The finalists will perform at closing ceremonies. Dancers that take part in the Dance Star process will have the opportunity to be selected as an All-American.

EVALUATIONS/SHOWCASES

- **FIGHT SONG EVALUATION/HOME ROUTINE SHOWCASE (Optional)** – Teams may bring a Fight Song to be evaluated and/or a home routine to showcase. 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. Fight Song routines should be no longer than 1 minute. Emphasis on **TECHNIQUE, EXECUTION & SHOWMANSHIP**. For the Home Routine Showcase, teams will receive verbal feedback from USA instructors. Home Routines should be no longer than 1 minute in length and can be words, music or a combination of both.
- **ROUTINE A & B SHOWCASE** - This showcase takes place on DAY 3. Dancers will gain performance experience and confidence by showcasing Routine A and Routine B.
- **TEAM ROUTINE COMPETITION** – Teams will leave camp with a performance ready team routine. Emphasis on the **KNOWLEDGE, TECHNIQUE/EXECUTION & SHOWMANSHIP**. Teams will compete this routine on Day 4. 1st, 2nd and 3rd place trophies will be awarded.

MASTER CLASS - Learn current material from an industry professional.

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.

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.

TECHNIQUE WORKSHOP – Dancers will focus on a variety of technical skills and across floor combinations. A variety of levels will be offered.

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