



# 2020 SPIRIT (SONG/POM YOUR WAY)

## DAY ONE

9:00 am	Camp Registration Begins
<i>Lunch is not provided on Day 1.</i>	
12:00 pm	Camp Registration Ends
12:30 pm	Arrive to Main Meeting Area
<b>12:45 pm</b>	<b>Captains Meeting 1</b>
<b>1:00 pm</b>	<b>Opening Ceremonies</b> Warm-Ups
<b>1:30 pm</b>	<b>Coaches Meeting 1</b> Pom Technique & Drills
2:00 pm	Staff TeamMate Intros Team Routine (Pom Sideline)
3:00 pm	USA Routine (Part 1)
4:30 pm	DINNER
6:00 pm	Fight Song Evaluation/ Home Routine Showcase
6:30 pm	Session 1
7:30 pm	<b>Coaches Goal Setting</b> Staff TeamMate Wrap
8:00 pm	NFHS Credentialing Intro Camp Dance Unity Games Spirit Awards
9:00 pm	All Camp Meeting

## DAY TWO

7:00 am	BREAKFAST
<b>8:15 am</b>	<b>Captains Meeting 2</b>
<b>8:30 am</b>	<b>Coaches Meeting 2</b> Warm-Ups/Camp Dance
9:00 am	Team Routine (Funky Sideline) <b>Gatorade Break</b>
10:00 am	USA Routine (Part 2)
11:00 am	Team Routine Review (Pom)
11:30 am	LUNCH
1:00 pm	All-American Tryouts <b>Coaches Camp Assessment</b>
1:30 pm	Session 2
2:30 pm	USA Routine (Part 3)
3:30 pm	USA Routine Showcase
4:15 pm	Staff TeamMate Wrap-Up
4:30 pm	DINNER
6:00 pm	USA Spirit Rally <b>Better Together!</b>
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
<b>8:15 am</b>	<b>Captains Meeting 3</b>
<b>8:30 am</b>	<b>Coaches Meeting 3</b> Warm-Ups/Camp Dance
9:00 am	Team Routine Eval Prep
10:00 am	Team Routine 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

- SESSION 1:**
- Sidelines Class** (3 Sideline Cheers & 1 Band Chant)
  - Skills Class** – Technique (Beg/Int/Adv)  
Select level: \_\_\_\_\_
- SESSION 2:**
- Time Out Class** – (1 Time-out Routine- Pom, Jazz or Hip Hop) Indicate 2 style preferences.  
1<sup>st</sup> style preference: \_\_\_\_\_  
2<sup>nd</sup> style preference: \_\_\_\_\_
  - Skills Class** - Technique – (Beg/Int/Adv)  
Select level: \_\_\_\_\_



**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 Showcase	Unity Games
All-American	Pom Technique & Drills	Fight Song Evaluation	USA Routine Showcase	Spirit Awards
TeamMaker Workshop	Technique		Team Routine Evaluation	Spirit Rally
Pin It Forward				

**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 & Pep Flag 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.

### 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, 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 SHOWCASE** - Campers will gain performance experience and confidence by showcasing this routine.
- **TEAM ROUTINE EVALUATION** – Teams will learn two “Team Routines” (Pom Sideline and Funky Sideline). They will receive a written evaluation on their performance. Emphasis on KNOWLEDGE, EXECUTION & SHOWMANSHIP.

**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!