



2020 SONG/POM HOME CAMP (2 DAY)

SCHOOL/TEAM: _____

DATES: _____

DAY ONE

12:00 pm Introductions/Warm Ups

12:30 pm USA Routine

2:00 pm Specialty Workshop

3:00 pm BREAK

3:30 pm Specialty Workshop Review

4:30 pm Camp Dance

5:30 pm USA Routine Review

6:30 pm Team Up for St. Jude
Wrap Up & Dismiss

DAY TWO

9:00 am Warm Ups/Camp Dance

10:00 am Technique Class

11:00 am Review

12:00 pm LUNCH

1:00 pm Evaluation Prep

2:00 pm Evaluation/All-American

3:00 pm Final Review

3:45 pm Closing & Awards

4:00 pm Dismiss

Times and class titles are subject to change.

In order to design a program that specifically meets your needs; we will be offering the following classes during the USA Routine, Specialty Workshop and Evaluation hours. Below, please indicate the routine, class and evaluation option you would like to take place during the designated hours.

USA ROUTINE

(Select 1 routine, 15 dancers or less)

(Select 2 routines, 16 dancers or more)

- "Song TBA" Level 3 Pom/Dance
- "Song TBA" Level 3 Hip Hop
- "Song TBA" Level 2 Jazz Rally Routine
- "Song TBA" Level 2 Hip Hop Routine
- "Song TBA" All Level Pom Routine

SPECIALTY WORKSHOP

Please select 1 option from the list:

- "Song TBA" (Funky Sideline)
- "Song TBA" (Pom Sideline)
- Sideline Cheers & Band Chant
- Song/Pom Fillers
- Technique (All Levels)

EVALUATION

Please select 1 option from the list:

- Fight Song Evaluation/Home Routine Showcase
- Team Routine Evaluation
- Game Day Evaluation
- No Evaluation, substitute with option from *Specialty Workshop list*:

Descriptions of the Classes/Routines and Evaluations are listed on page 2.



NFHS CREDENTIALING CLASSES
(see page 2)



NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Team Up for St. Jude All-American Tryouts	Warm-Ups Technique Review/Prep	Game Day Material Game Day Evaluation Fight Song Evaluation	Camp Dance USA Routine Specialty Workshop Team Routine Evaluation	Spirit Awards Game Day Material

ROUTINE/CLASS DESCRIPTIONS

USA ROUTINE - Routines that are appropriate for half-time performances, time-outs, rally performances and other school events. Styles offered may include: pom, hip hop, jazz and novelty. Various levels are available (all level, level 1, level 2 and level 3).

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

SPECIALTY WORKSHOP

FUNKY SIDELINE

Approximately eight 8 counts of funk-type choreography to music that repeats. Can be performed during time-outs, quarter breaks or at rallies. Sideline can be put to different music with the same style.

POM SIDELINE

Approximately eight 8 counts of straight arm pom moves to music that repeats. Can be performed during time-outs, quarter breaks or at rallies. Sideline can be put to different music with the same style.

GAME DAY MATERIAL – In this class, teams will learn 3 Sideline Cheers and 1 Band Chant. Sideline Cheers are 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. A band chant consists of 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.

SONG/POM FILLERS

Four eight counts of choreography that repeat and can be performed to different pieces of music. Fillers can be used on the sidelines when the band is playing or to any song during a time-out.

TECHNIQUE

Work on proper execution of turns, kicks, leaps, etc. Class will advance according to the level of the student.

EVALUATION/ALL-AMERICAN TRYOUTS

- **FIGHT SONG EVALUATION/HOME ROUTINE SHOWCASE** – 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 instructor(s). Home Routines should be no longer than 1 minute in length and can be words, music or a combination of both.
- **TEAM ROUTINE EVALUATION** – If this option is selected, you must select the Pom Sideline and/or the Funky Sideline from the Specialty Workshop list. This evaluation gives teams a chance to receive input on material they have just learned. It also gives them a valuable performance experience. The emphasis is on KNOWLEDGE, EXECUTION & SHOWMANSHIP.
- **GAME DAY EVALUATION** – If this option is selected you must choose “Sideline Cheers & Band Chant” for one of the Specialty Workshop sessions. 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.
- **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!



2020 SONG/POM HOME CAMP (3 DAY)

SCHOOL/TEAM: _____

DATES: _____

DAY ONE

- 12:00 pm Introductions/Warm Ups
- 12:30 pm USA Routine 1
- 2:00 pm Specialty Workshop 1
- 3:00 pm BREAK
- 3:30 pm Technique Class
- 4:30 pm Camp Dance
- 5:30 pm Review
- 6:30 pm Team Up for St. Jude
Wrap Up & Dismiss

DAY TWO

- 9:00 am Warm Ups/Camp Dance
- 10:00 am Technique Class
- 11:00 am USA Routine 2
- 12:00 pm LUNCH
- 1:00 pm USA Routine 2
- 2:00 pm Specialty Workshop 2
- 3:00 pm Review
- 4:00 pm Wrap Up & Dismiss

DAY THREE

- 9:00 am Warm Ups/Camp Dance
- 9:30 am Technique Class
- 10:30 am Review
- 12:00 pm LUNCH
- 1:00 pm Evaluation Prep
- 2:00 pm Evaluation/All-American
- 3:00 pm Final Review
- 3:45 pm Closing & Awards
- 4:00 pm Dismiss

In order to design a program that specifically meets your needs; we will be offering the following classes during the USA Routine, Specialty Workshop and Evaluation hours. Below, please indicate the routines, classes and evaluation option you would like to take place during the designated hours.

USA ROUTINE

Select 2 routines from the list:

- "Song TBA" Level 3 Pom/Dance
- "Song TBA" Level 3 Hip Hop
- "Song TBA" Level 2 Jazz Rally Routine
- "Song TBA" Level 2 Hip Hop Routine
- "Song TBA" All Level Pom Routine

SPECIALTY WORKSHOP

Select 2 option from the list:

- "Song TBA" (Funky Sideline)
- "Song TBA" (Pom Sideline)
- Game Day Material
- Song/Pom Fillers
- Technique (All Levels)

EVALUATION

Select 1 option from the list:

- Fight Song Evaluation/Home Routine Showcase
- Team Routine Evaluation
- Game Day Evaluation
- No Evaluation, substitute with option from

Specialty Workshop list: _____

Times and class titles are subject to change.



PARTNER
NFHS CREDENTIALING CLASSES
(see page 2)



NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Team Up for St. Jude All-American Tryouts	Warm-Ups Technique Review/Prep	Game Day Material Game Day Evaluation Fight Song Evaluation	Camp Dance USA Routine Specialty Workshop Team Routine Evaluation	Spirit Awards Game Day Material

ROUTINE/CLASS DESCRIPTIONS

USA ROUTINE - Routines that are appropriate for half-time performances, time-outs, rally performances and other school events. Styles offered may include: pom, hip hop, jazz and novelty. Various levels are available (all level, level 1, level 2 and level 3).

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

SPECIALTY WORKSHOP

FUNKY SIDELINE

Approximately eight 8 counts of funk-type choreography to music that repeats. Can be performed during time-outs, quarter breaks or at rallies. Sideline can be put to different music with the same style.

POM SIDELINE

Approximately eight 8 counts of straight arm pom moves to music that repeats. Can be performed during time-outs, quarter breaks or at rallies. Sideline can be put to different music with the same style.

GAME DAY MATERIAL – In this class, teams will learn 3 Sideline Cheers and 1 Band Chant. Sideline Cheers are 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. A band chant consists of 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.

SONG/POM FILLERS

Four eight counts of choreography that repeat and can be performed to different pieces of music. Fillers can be used on the sidelines when the band is playing or to any song during a time-out.

TECHNIQUE

Work on proper execution of turns, kicks, leaps, etc. Class will advance according to the level of the student.

EVALUATION/ALL-AMERICAN TRYOUTS

- **FIGHT SONG EVALUATION/HOME ROUTINE SHOWCASE** – 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 instructor(s). Home Routines should be no longer than 1 minute in length and can be words, music or a combination of both.
- **TEAM ROUTINE EVALUATION** – If this option is selected, you must select the Pom Sideline and/or the Funky Sideline from the Specialty Workshop list. This evaluation gives teams a chance to receive input on material they have just learned. It also gives them a valuable performance experience. The emphasis is on KNOWLEDGE, EXECUTION & SHOWMANSHIP.
- **GAME DAY EVALUATION** – If this option is selected you must choose “Sideline Cheers & Band Chant” for one of the Specialty Workshop sessions. 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.
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2020 SONG/POM HOME CAMP (4 DAY)

SCHOOL/TEAM: _____

DATES: _____

DAY ONE

- 12:00 pm Introductions/Warm Ups
- 12:30 pm USA Routine 1
- 2:00 pm Specialty Workshop 1
- 3:00 pm BREAK
- 3:30 pm Technique Class
- 4:30 pm Camp Dance
- 5:30 pm USA Routine 1
- 6:30 pm Team Up for St. Jude
Wrap Up & Dismiss

DAY TWO

- 9:00 am Warm-Ups/Camp Dance
- 10:00 am Review
- 11:00 am USA Routine 2
- 12:00 pm LUNCH
- 1:00 pm USA Routine 2
- 2:30 pm Specialty Workshop 2
- 3:30 pm Review
- 4:00 pm Wrap Up & Dismiss

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Select 3 routines from the list:

- "Song TBA" Level 3 Pom/Dance
- "Song TBA" Level 3 Hip Hop
- "Song TBA" Level 2 Jazz Rally Routine
- "Song TBA" Level 2 Hip Hop Routine
- "Song TBA" All Level Pom Routine

SPECIALTY WORKSHOP

Select 2 options from the list:

- "Song TBA" (Funky Sideline)
- "Song TBA" (Pom Sideline)
- Game Day Material
- Song/Pom Fillers
- Technique (All Levels)

Descriptions of the Classes/Routines and Evaluations are listed on page 2.

DAY THREE

- 9:00 am Warm-Ups/Camp Dance
- 10:00 am Technique Class
- 11:00 am USA Routine 3
- 12:00 pm LUNCH
- 1:00 pm USA Routine 3
- 2:30 pm Review
- 4:00 pm Wrap Up & Dismiss

DAY FOUR

- 9:00 am Warm-Ups/Camp Dance
- 9:30 am USA Routine Review
- 11:00 am Specialty Workshop Review
- 12:00 pm LUNCH
- 1:00 pm Evaluation Prep
- 2:00 pm Evaluation/All-American
- 3:00 pm Final Review
- 3:45 pm Closing & Awards
- 4:00 pm Dismiss

EVALUATION

Select 1 option from the list:

- Fight Song Evaluation/Home Routine Showcase
- Team Routine Evaluation
- Game Day Evaluation
- No Evaluation, substitute with option from *Specialty Workshop list*:

Times and class titles are subject to change.



PARTNER
NFHS CREDENTIALING CLASSES
(see page 2)



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