2020 SPIRIT (CHEER HOME CAMP)

unitedspiritassociation

SCHOOL/TEAM: _____ **DATES:** _____

DAY ONE

12:00 pm	Introductions/Warm Ups
12:30 pm	USA Routine or Game Day Material
1:30 pm	Stunting Safety
2:00 pm	Stunt Workshop 1
3:00 pm	BREAK
3:30 pm	Specialty Workshop
4:30 pm	Camp Dance
5:30 pm	All-American Cheer/Review
6:30 pm	Team Up for St Jude Wrap Up & Dismiss

DAY TWO

9:00 am	Warm-Ups/Camp Dance
10:00 am	Specialty Workshop Review
10:30 am	Stunt Workshop 2
12:00 pm	LUNCH
1:00 pm	Staff TeamMate Time
2:00 pm	Evaluation/All-American Tryouts
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. Follow the 3 steps below and please select the routines, class and evaluation option that you would like to take place during the designated hours. NOTE, description of classes/routines and evaluations are listed on page 2.

STEP 1:

Please select either USA Routine OR Game Day Material.

☐ **USA ROUTINE** or ☐ **GAME DAY MATERIAL**

If you choose the USA Routine please select 1 from the list:

- ☐ USA Routine A (Varsity Teams)
- ☐ USA Routine B (JV/Frosh Teams)
- ☐ USA Routine C (Jr/Youth Teams)

If you choose Game Day Material you will be learning 3 sideline cheers and 1 band chant.

STEP 2:

SPECIALTY WORKSHOP OPTIONS

Please select ONE option from the classes listed below.

SIDELINE CLASS

- ☐ Crowd Response Cheer & 1 Band Chant
- ☐ 2 Crowd Getters

TIME OUT CLASS

- ☐ Time Out Dance A
- ☐ Time Out Dance B

HALFTIME CLASS

- ☐ Hip Hop Dance A
- ☐ Hip Hop Dance B

SKILLS CLASS

- ☐ Single Base Stunts
- ☐ Basket Tosses (High School ONLY)

*see page 2 for basket toss requirements

STEP 3:

EVALUATION OPTIONS

Please select ONE evaluation you would like your team to take part in.

- ☐ USA Routine Evaluation (Halftime Routine)
- ☐ Game Day Evaluation (Game Day Scenario)
- ☐ Fight Song/Home Routine (Teams' own material)
- ☐ No Evaluation, substitute with option from

Specialty Workshop list: _____

NFHS PARTNER

Times and class titles are subject to change.

NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Team Up for St. Jude	Warm-Ups	Sideline Classes	Time Out Classes	Spirit Awards
All-American Tryouts	Skills Classes	Game Day Material	Halftime Classes	Game Day Material
	Staff TeamMate Time	Game Day Evaluation	Camp Dance	
		Fight Song Evaluation	USA Routine	

ROUTINE/CLASS DESCRIPTIONS

USA ROUTINES – Four 8 counts of cheer dance choreography set to music. Squads will work with the USA staff to incorporate formation changes, visual effects, roll-offs and skills (jumps, tumbling and/or stunts). These customized routines can be used during timeouts, halftime or at a rally performance.

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.

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 OPTIONS

CROWD RESPONSE CHEER – Performance style cheer that is usually performed during timeouts, halftime or at a rally performance. Crowd Response Cheers are typically 3-4 verses/eight counts in length with multiple crowd responses built in.

BAND CHANTS – Cheer dance choreography set to both classic/traditional and current/Top 40 band arrangements. Band chants are designed to not only entertain the audience but also get them involved using built in crowd responses.

TIME OUT DANCES – Cheer dance choreography set to music. Time out dances are short, typically repetitive routines designed for short performances opportunities.

CROWD GETTERS – Cheer and prop choreography set to simple beats. Crowdgetters combine simple choreography, sideline props (such as signs, poms, megaphones and flags) and built in crowd responses into routines designed to lead the crowd. This class will also discuss proper ways to use and incorporate sideline props.

HIP HOP DANCES – Hip hop choreography set to music. Hip hop dances typically incorporate quick, intricate and stylized moves, transitions and footwork. These routines are designed for halftime or rally performances.

SINGLE BASE STUNTS/BASKET TOSSES – These specialty stunt classes will focus on innovative techniques, grips and approaches for a variety of specialty stunt skills. In order to select Basket Tosses teams must be able to properly execute a straight up extension with a straight ride cradle.

EVALUATIONS/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. 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.
- **USA ROUTINE EVALUATION** – 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** – 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 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!

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3:00 pm	BREAK
3:30 pm	Specialty Workshop 1
4:30 pm	Camp Dance
5:30 pm	All-American Cheer/Review
6:30 pm	Team Up for St Jude Wrap Up & Dismiss

DAY TWO

9:00 am	Warm-Ups/Camp Dance
10:00 am	Specialty Workshop 1 Review
10:30 am	Staff TeamMate Time
12:00 pm	LUNCH
1:00 pm	Specialty Workshop 2
2:00 pm	Stunt Workshop 2
3:00 pm	Review
4:00 pm	Wrap Up & Dismiss

DAY THREE

9:00 am	Warm-Ups/Camp Dance
9:30 am	Specialty Workshop 2 Review
10:00 am	Specialty Workshop 3
11:00 am	Stunt Workshop 3
12:00 pm	LUNCH
1:00 pm	Staff TeamMate Time
2:00 pm	Evaluation/All-American Tryouts
3:00 pm	Final Review
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STEP 1:

Please select either USA Routine OR Game Day Material.

☐ **USA ROUTINE** or ☐ **GAME DAY MATERIAL**

If you choose the USA Routine please select 1 from the list:

- ☐ USA Routine A (Varsity Teams)
- ☐ USA Routine B (JV/Frosh Teams)
- ☐ USA Routine C (Jr/Youth Teams)

If you choose Game Day Material you will be learning 3 sideline cheers and 1 band chant.

STEP 2:

SPECIALTY WORKSHOP OPTIONS

Please select THREE options from the classes listed below.

SIDELINE CLASS

- ☐ Crowd Response Cheer & 1 Band Chant
- ☐ 2 Crowd Getters

TIME OUT CLASS

- ☐ Time Out Dance A
- ☐ Time Out Dance B

HALFTIME CLASS

- ☐ Hip Hop Dance A
- ☐ Hip Hop Dance B

SKILLS CLASS

- ☐ Single Base Stunts
- ☐ Basket Tosses (High School ONLY)

*see page 2 for basket toss requirements

STEP 3:

EVALUATION OPTIONS

Please select ONE evaluation you would like your team to take part in.

- ☐ USA Routine Evaluation (Halftime Routine)
- ☐ Game Day Evaluation (Game Day Scenario)
- ☐ Fight Song/Home Routine (Teams' own material)
- ☐ No Evaluation, substitute with option from

Specialty Workshop list: _____

NFHS PARTNER

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NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

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Team Up for St. Jude	Warm-Ups	Sideline Classes	Time Out Classes	Spirit Awards
All-American Tryouts	Skills Classes	Game Day Material	Halftime Classes	Game Day Material
	Staff TeamMate Time	Game Day Evaluation	Camp Dance	
		Fight Song Evaluation	USA Routine	

ROUTINE/CLASS DESCRIPTIONS

USA ROUTINES – Four 8 counts of cheer dance choreography set to music. Squads will work with the USA staff to incorporate formation changes, visual effects, roll-offs and skills (jumps, tumbling and/or stunts). These customized routines can be used during timeouts, halftime or at a rally performance.

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.

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 OPTIONS

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EVALUATIONS/ALL-AMERICAN TRYOUTS

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- **USA ROUTINE EVALUATION** – 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** – 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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12:00 pm	LUNCH
1:00 pm	Specialty Workshop 2
2:00 pm	Stunt Workshop 2
3:00 pm	Review
4:00 pm	Wrap Up & Dismiss

DAY THREE

9:00 am	Warm-Ups/Camp Dance
10:00 am	Specialty Workshop 2 Review
10:30 am	Staff TeamMate Time
12:00 pm	LUNCH
1:00 pm	Specialty Workshop 3
2:00 pm	Stunt Workshop 3
3:00 pm	Review
4:00 pm	Wrap Up & Dismiss

DAY FOUR

9:00 am	Warm-Ups/Camp Dance
9:30 am	Specialty Workshop 3 Review
10:00 am	Specialty Workshop 4
11:00 am	Stunt Workshop 4
12:00 pm	LUNCH
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STEP 2:

SPECIALTY WORKSHOP OPTIONS

Please select FOUR options from the classes listed below.

SIDELINE CLASS

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- ☐ 2 Crowd Getters

TIME OUT CLASS

- ☐ Time Out Dance A
- ☐ Time Out Dance B

HALFTIME CLASS

- ☐ Hip Hop Dance A
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