



# 2020 SPIRIT (CHEER DAY CAMP)

SCHOOL/TEAM: \_\_\_\_\_

DATES: \_\_\_\_\_

## DAY ONE

- 8:00 am Camp Registration
- 9:00 am Introductions/Warm-Ups/Camp Dance
- 10:00 am Game Day Cheers & Band Chant
- 10:45 am Stunting Safety
- 11:00 am Stunt Workshop 1
- 12:00 pm LUNCH
- 1:00 pm USA Routine
- 2:00 pm Staff TeamMate Time (Game Day Eval Prep)
- 3:00 pm All-American Cheer/Review/Team Up for St. Jude
- 4:00 pm Wrap Up & Dismiss

## DAY TWO

- 9:00 am Warm-Ups/Camp Dance
- 10:00 am Stunt Workshop 2
- 11:00 am Staff TeamMate Time (USA Routine)
- 12:00 pm LUNCH
- 1:00 pm Staff TeamMate Time (Game Day Eval Prep)
- 1:30 pm Game Day Evaluation
- 2:00 pm Final Review
- 2:30 pm All-American Tryouts
- 3:00 pm USA Routine Showcase/TeamMaker/Awards
- 4:00 pm Closing/Dismiss

### NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

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

*Times and class titles are subject to change.*



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## ROUTINE/CLASS DESCRIPTIONS

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**USA ROUTINES** – Four 8 counts of cheer dance choreography set to music. Squads will work with their USA Staff Teammate 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. Varsity teams and JV/Frosh teams will be taught different USA routines.

**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.

**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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## GAME DAY MATERIAL/EVALUATION

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**GAME DAY CHEERS** – Short cheers used to get your crowd involved by incorporating props (i.e. signs/poms) and stunts.

**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.

**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.