



unitedspiritassociation

# 2020 CHEER (NOW & LATER)

V.5.29.20

TWO DAYS VIRTUAL & TWO DAYS IN-PERSON

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

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

## DAY ONE

VIRTUAL

- 8:45 am Coach Check-In
- 9:00 am Introductions & Ice Breaker
- 9:10 am Warm-Ups
- 9:30 am Game Day Training & Material
- 10:15 am Stunting Safety & Stunting Breakout Drills: Top Person Flexibility & Base Strengthening
- 11:00 am Camp Dance
- 11:30 am Review
- 11:50 am NFHS Credentialing
- 12:00 pm Wrap Up & Dismiss

## DAY TWO

VIRTUAL

- 8:45 am Coach Check-In & Goal Setting
- 9:00 am Ice Breaker & Warm-Ups
- 9:30 am Day 1 Material Review
- 9:45 am USA Routine
- 10:15 am Specialty Workshop 1
- 11:00 am Jump Drills Class
- 11:20 am Camp Dance
- 11:50 am NFHS Credentialing
- 12:00 pm Closing Wrap Up & Awards

## DAY THREE

IN-PERSON

- 12:00 pm Ice Breaker & Warm-Ups
- 12:30 pm USA Routine & Camp Dance Review
- 1:00 pm Stunting Safety
- 1:30 pm Stunt Workshop 1
- 2:30 pm Staff TeamMate Time
- 3:00 pm BREAK
- 4:00 pm Specialty Workshop 2
- 5:00 pm Stunt Workshop 2
- 6:00 pm Game Day Training & Review
- 6:45 pm NFHS Credentialing & Pin It Forward
- 7:00 pm Wrap Up & Dismiss

## DAY FOUR

IN-PERSON

- 9:00 am Ice Breaker & Warm-Ups
- 9:30 am Material Review
- 10:00 am Pyramids
- 11:30 am Staff TeamMate Time
- 12:00 pm LUNCH
- 1:00 pm Jumps Drills Class
- 1:30 pm Staff TeamMate Time
- 2:00 pm Evaluation
- 2:30 pm Final Review
- 3:15 pm St Jude, NFHS Credentialing & Pin It Forward
- 3:30 pm Showcase & Awards
- 4:00 pm Dismiss

In order to design a program that specifically meets your needs; we will be offering the following classes during Specialty Workshop and Evaluation hours.

Follow the steps below and please select the classes 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:

#### SPECIALTY WORKSHOP OPTIONS

Please select TWO options from the classes listed below.

Please mark "V" for Virtual and "I" for In-Person workshop.

#### 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 (Offered ONLY on Day 3 "In-Person")

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

\*see page 2 for basket toss requirements

### STEP 2:

#### 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 and note below.

Specialty Workshop Selection: \_\_\_\_\_

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 Skills Classes Staff TeamMate Time	Sideline Classes Game Day Material Game Day Evaluation Fight Song Evaluation	Time Out Classes Halftime Classes Camp Dance USA Routine	Spirit Awards Game Day Material

### ROUTINE/CLASS DESCRIPTIONS

**USA ROUTINE** – 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.

**GAME DAY MATERIAL** – Game Day Material includes 3 sideline cheers and 1 band chant which are different from what is offered during the specialty workshop.

**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

- **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.