



# 2020 CHEER (VIRTUAL ONLY)

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
10:30 am	Stunting Safety & Breakout Classes: Top Person Flexibility & Base Strengthening
11:15 am	Camp Dance
11:45 am	Break
12:00 pm	Specialty Workshop 1
1:00 pm	Review
1:25 pm	St Jude & NFHS Credentialing
1:30 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 2
11:15 am	Jumps Drills Class
11:45 am	Break
12:00 pm	Camp Dance
12:30 pm	Stunting Drills Class
1:00 pm	Game Day Training & Review
1:20 pm	NFHS Credentialing
1:30 pm	Closing Wrap Up & Awards

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

Please select the classes that you would like to take place during the designated hours.

NOTE, description of classes/routines and evaluations are listed on page 2.

### 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

*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	Sideline Classes Game Day Material	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.