


















DAY ONE

- 9:00 am Camp Registration Begins
- Lunch is not provided on Day 1.**
- 12:00 pm Camp Registration Ends
- 12:30 pm Arrive to Main Meeting Area
- 12:45 pm Captains Meeting 1** 
-  1:00 pm Opening Ceremonies
Warm-Ups
-  **1:30 pm Coaches Meeting 1**
NFHS Credentialing Intro 
Motion Technique
Game Day Material
- 2:30 pm Meet your Staff TeamMate
Daily Devotional
- 3:00 pm Staff TeamMate Time
- 4:00 pm Stunt Introduction
- 4:30 pm DINNER
-  6:30 pm Fight Song Evaluation/
Home Routine Showcase
- 7:30 pm **Coaches Goal Setting**
Material Review
-  8:00 pm Camp Dance
-  8:30 pm Unity Games
Staff TeamMate Wrap Up
Spirit Awards
-  9:00 pm All Camp Meeting

DAY TWO

- 7:00 am BREAKFAST
-  **8:15 am Captains Meeting 2** 
Opening Prayer
-  **8:30 am Coaches Meeting 2/
Coaches Camp Assessment**
Warm-Ups/Camp Dance
- 9:00 am Stunt Class
Gatorade Break
- 10:00 am Daily Devotional
-  10:30 am *Let Your Colors Shine*
Staff TeamMate Time
- 11:30 am LUNCH
-  1:00 pm Choose Your Challenge
- 2:00 pm Pyramids Class
-  3:00 pm Staff TeamMate Time
- 3:30 pm All-American Tryouts
Choose Your Challenge Review
Staff TeamMate Wrap Up
Pin It Forward
- 4:30 pm DINNER
-  6:30 pm USA Spirit Rally
Peace, Love & USA!
-  7:30 pm Spirit Awards
USA Dance Party
- 8:00 pm Practice/Free Time

DAY THREE

- 7:00 am BREAKFAST
 -  **8:15 am Captains Meeting 3** 
Opening Prayer
 -  **8:30 am Coaches Meeting 3**
Warm-Ups/Camp Dance
 -  9:00 am Staff TeamMate Time
 -  9:30 am Game Day Evaluation
 - 10:30 am Final Review
 -  11:00 am *TeamMaker*
Staff TeamMate Wrap Up
 -  11:30 am Closing Ceremonies
Pin It Forward
Final Awards
- Camp should end at approx. 12:30 pm depending upon the size of the camp.**
-  **All Spirit Program Unity classes**
 -  **NFHS Squad Credentialing (For additional information see page 2)**

Times and class titles are subject to change.

NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Captains Meetings All-American Pin It Forward Let Your Colors Shine	Warm-Ups Stunt Introduction/Class Pyramids Class	Game Day Material Fight Song Evaluation Game Day Evaluation	Home Routine Showcase Camp Dance Choose Your Challenge	Unity Games Spirit Awards Spirit Rally TeamMaker

ALL-AMERICAN TRYOUTS – Campers have the option to sign up for All-American tryouts at camp (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” will have the opportunity to attend an All-American tour in 2021!

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 that brings all programs together.

COACHES MEETINGS – Head Instructors will meet with advisors/coaches daily to review important items for the day and conduct workshops geared toward advising/coaching.

CAPTAINS MEETINGS/NFHS CREDENTIALING – Head Instructors will meet with captains (or assigned leaders) to inform them of important items for the day and guide them through the NFHS Squad Credentialing process. By participating in daily classes and the Team Up For St. Jude letter writing campaign, teams will become certified in the NFHS Roles of a Spiritleader and will receive a credentialing certificate at the end of camp.

CHOOSE YOUR CHALLENGE – A variety of both skill-based and material-based classes will be offered during this time. To take full advantage of the classes offered, teams may divide their members and have them attend different classes. Please see Head Instructor for list of classes offered at your camp.

EVALUATIONS

- **FIGHT SONG EVALUATION/HOME ROUTINE SHOWCASE (Optional)** – The Fight Song Evaluation/Home Routine Showcase takes place on day 1. Teams may bring a Fight Song to be evaluated and/or a home routine to showcase, limited to 1 minute per routine.
 - Teams will receive written feedback on their Fight Song performance. Use your traditional Fight Song or the USA Fight Song (available upon request). Add formation changes, visual effects, roll-offs, skills, etc. Incorporations should be practical and crowd oriented (emphasis on TECHNIQUE, EXECUTION & SHOWMANSHIP)
 - Teams will receive verbal feedback on their Home Routine. Home Routines can be performed with or without music.
- **GAME DAY EVALUATION** – The Game Day Evaluation takes place on day 3. Teams will be evaluated on Game Day material learned at camp. Teams will receive written feedback on their Game Day performance. They will perform a Band Chant, then must respond to a game situation with an appropriate Sideline Cheer followed by a Crowd Leading Cheer/chant. The Band Chant and Sideline Cheer/Crowd Leading Cheer are performed separately (emphasis on CROWD COMMUNICATION & SHOWMANSHIP). Teams will combine with all programs (Cheer, Song/Pom, Mascot & Pep Flag) present from their school.

LET YOUR COLORS SHINE – This new class will dive further into the true meaning of this year’s camp theme! Through activities, demonstrations and discussions, teams will gain a strong understanding of their role as leaders on their campus and in their community, discover how they shine as individuals and unlock how to shine even brighter through unity.

PIN IT FORWARD – This is an opportunity for select campers to be recognized by both the staff and their peers for demonstrating leadership, spirit, commitment, kindness and motivation.

SPIRIT RALLY – To “tie” into our camp theme, “Let Your Colors Shine”, teams are encouraged to wear tie dye and unify at our 2021 Rally Night, themed “**Peace, Love & USA!**” Get in the spirt by wearing tie dye in your favorite color combination...school colors, class colors or every color of the rainbow! It’s guaranteed to get colorful with contests, performances and surprises that will make the final night of camp one to remember!

STAFF TEAMMATE/STAFF TEAMMATE TIME – Each team will be assigned a Staff TeamMate for camp. This staff member will work closely with your team during Staff TeamMate Time to prep them for evaluations and will focus on helping them accomplish camp goals.

TEAMMAKER/UNITY GAMES – Designated time for bonding and team building activities.