



2021 SPIRIT (CHEER SHOWTIME EXPRESS)

DAY ONE		DAY TWO		DAY THREE	
9:00 am	Camp Registration Begins	7:00 am	BREAKFAST	7:00 am	BREAKFAST
Lunch is not provided on Day 1.		8:15 am	Captains Meeting 2	8:15 am	Captains Meeting 3
12:00 pm	Camp Registration Ends	8:30 am	Coaches Meeting 2 / Coaches Camp Assessment Warm-Ups & Review	8:30 am	Coaches Meeting 3 Warm-Ups & Review
12:30 pm	Arrive to Main Meeting Area	9:00 am	Stunt Class Gatorade Break	9:00 am	Staff TeamMate Time Staff TeamMate Wrap Up
12:45 pm	Captains Meeting 1	10:30 am	Staff TeamMate Time	9:30 am	Friday Night Lights Showdown
1:00 pm	Staff Show Off Red Carpet Warm-Ups / Coaches Meeting 1	11:30 am	LUNCH	10:30 am	Stunt Off Finals
1:30 pm	Coaches Consultation NFHS Credentialing Intro Cheerleading & Jump Basics Jump Off	1:00 pm	Coaches Certification Stunt Off Round 1	11:00 am	All-American Tryouts Showstopper
1:45 pm	Stunt Introduction	1:30 pm	Made 2 Order	11:30 am	Show n' Tell Pin It Forward Final Awards
2:30 pm	Meet your Staff TeamMate Staff TeamMate Time	2:30 pm	Pyramids	Camp should end at approx. 12:30 pm depending upon the size of the camp.	
3:30 pm	Friday Night Lights	3:30 pm	Staff TeamMate Time Staff TeamMate Wrap Up Pin It Forward Class Yell	NFHS Squad Credentialing (For additional information see page 2)	
4:30 pm	DINNER	4:30 pm	DINNER		
6:30 pm	Fight Song Evaluation/ Home Routine Showcase	6:30 pm	Class Competition Spirit Awards USA Dance Party		
7:30 pm	Coaches Goal Setting All-American Cheer Material Review				
8:00 pm	Unity Games Staff TeamMate Wrap Up Spirit Awards				
9:00 pm	All Camp Meeting				

Times and class titles are subject to change.

NFHS CREDENTIALING – 5 ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Captains Meetings	Warm-Ups	Fight Song Evaluation	Friday Night Lights Routine	Unity Games
All-American	Cheerleading & Jump Basics		Home Routine Showcase	Spirit Awards
Pin It Forward	Stunt Introduction/Class		Made 2 Order	Class Competition
	Pyramids Class		Friday Night Lights	
	Stunt Off		Showdown	

ALL-AMERICAN & SHOWSTOPPER – Campers must be nominated by the USA staff to tryout for All-American at camp. 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! Based on their All-American tryout, one Showstopper is selected by the USA staff as the top All-American and will receive a sweatshirt and a medallion.

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.

CLASS COMPETITION – The annual Class Competition is BACK and BETTER THAN EVER with new games and fun surprises! Dance the night away and make memories in an unforgettable glow-in-the-dark atmosphere. Who will be the TOP class this summer? READY, SET, GLOW! GLOW all out in your class color: SENIORS – Pink, JUNIORS – Blue, SOPHOMORES – Green, FRESHMEN – Orange.

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

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.

FRIDAY NIGHT LIGHTS SHOWDOWN – This competition takes place on day 4. Teams will perform a customized Friday Night Lights routine learned at camp to compete against other teams at camp. 1st, 2nd and 3rd place trophies will be awarded.

JUMP OFF – Each school will select their best jumper to compete in the Jump off. The top jumper will be awarded a medallion.

MADE 2 ORDER – A variety of routines of different styles and difficult levels will be offered during this class. These routines can be paired with the custom ending of your Friday Night routine to make an additional ready-to-go routine. To take full advantage of material being offered, it is recommended that you divide your team and have them attend all routines.

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.

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.

STUNT OFF – Stunt groups will compete against other groups at camp by performing a variety of stunts. The top group will be awarded medallions.

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