



2021 PERFORMANCE DANCE

DAY ONE

DAY TWO

DAY THREE

DAY FOUR

9:00 am Camp Registration Begins

Lunch is not provided on Day 1.

12:00 pm Camp Registration Ends

12:15 pm Routine A & B Preview
(Directors/Coaches)

1:00 pm Opening Ceremonies

1:15 pm Coaches Goal Setting
Warm-Ups

1:45 pm Director/Coaches Meeting 1
Staff TeamMate Time
Team Routine (Session 1)

2:30 pm Routine A (Session 1)

3:30 pm Routine B (Session 1)

4:30 pm DINNER

6:30 pm Fight Song Evaluation/
Home Routine Showcase

7:00 pm NFHS Credentialing Intro

8:00 pm Unity Games
Staff TeamMate Wrap Up
Spirit Awards

9:00 pm All Camp Meeting

7:00 am BREAKFAST

8:15 am Captains Meeting 1

8:30 am Director/Coaches Meeting 2
Warm-Ups

9:00 am Team Technique

9:30 am Staff TeamMate Time
Team Routine (Session 2)
Gatorade Break

10:30 am Routine A (Session 2)

11:30 am LUNCH

1:00 pm Coaches Camp Assessment
Master Teacher

2:30 pm Routine B (Session 2)

3:30 pm Staff TeamMate Time
Staff Team Wrap Up

4:15 pm Pin It Forward
Spirit Awards

4:30 pm DINNER

NIGHT OFF!

7:00 am BREAKFAST

8:15 am Captains Meeting 2

8:30 am Director/Coaches Meeting 3
Warm-Ups

9:00 am Routine A (Session 3)
Routine A Showcase

10:00 am Routine B (Session 3)
Routine B Showcase

11:00 am Staff TeamMate Time

11:30 am LUNCH

1:00 pm Coaches Certification
Team Routine Evaluation

1:45 pm Routine C
Routine C Showcase

3:00 pm Choose Your Challenge

3:45 pm Dance Star Prelims

4:15 pm Staff TeamMate Wrap Up

4:30 pm DINNER

6:30 pm Class Competition
Spirit Awards
USA Dance Party

7:00 am BREAKFAST

8:15 am Captains Meeting 3

8:30 am Director/Coaches Meeting 4
Warm-Ups

9:00 am Staff TeamMate Time
Staff TeamMate Wrap Up

9:30 am Team Routine Competition

10:30 am Final Routine Showcase

11:00 am Dance Star Finals

11:30 am Pin It Forward
Final Awards

Camp should end at approx. 12:30 pm
depending upon the size of the camp.

Cheer/Dance 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 DANCER

AMBASSADOR	ATHLETE	PERFORMER	ROLE MODEL	SPIRIT RAISER
Unity Games Pin It Forward	Warm-Ups Technique Team Technique Choose Your Challenge	Routine A,B & C Home Routine Showcase Routine A & B Showcase Master Class Team Routine & Evaluation	Captain Meetings Dance Star/All-American	Fight Song Evaluation Spirit Awards Class Competition

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.

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.

DANCE STAR & ALL-AMERICAN – Dancers are recognized with ribbons for their effort, attitude, and performance in routine classes. Ribbon winners will perform the Team Routine. Selected semi-finalists perform an across-the-floor combination to showcase their technical abilities. The finalists will perform at closing ceremonies. Dancers that take part in the Dance Star process will have the opportunity to be selected as an All-American.

DIRECTORS/COACHES MEETINGS – These workshops are held throughout camp, focusing on creative ideas and team management strategies to help make your year even more successful.

EVALUATIONS/SHOWCASES

- **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 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 (emphasis on TECHNIQUE, EXECUTION & SHOWMANSHIP)
 - Teams will receive verbal feedback on their Home Routine. Home Routines can be performed with or without music.
- **ROUTINE A & B SHOWCASE** – This showcase takes place on day 3. Dancers will gain performance experience and confidence by showcasing Routine A and Routine B.
- **TEAM ROUTINE EVALUATION & COMPETITION** – The Team Routine Evaluation takes place on day 3. Emphasis on KNOWLEDGE, TECHNIQUE/EXECUTION & SHOWMANSHIP. Teams will compete this routine on day 4. 1st, 2nd and 3rd place trophies will be awarded.

ROUTINE A,B, C – Each of these sessions will include multiple routine options, varying in level and style. A Routine List will be provided by the head instructor.

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.

TEAM ROUTINE – Teams will learn a USA Team Routine that will be set on their team with formations. Teams may customize the routine by incorporating changes such as adding levels, visual effects, roll-offs as well as any technical skills that their team has already mastered (optional). The goal is to develop a game ready or rally ready performance.

TEAM TECHNIQUE – Teams work with Staff on specific skills requested.

TECHNIQUE – Dancers will focus on a variety of technical skills and across floor combinations. A variety of levels will be offered.

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