








# 2021 POM INTENSIVE

DAY ONE		DAY TWO		DAY THREE	
9:00 am	Camp Registration Begins	7:00 am	BREAKFAST	7:00 am	BREAKFAST
	<i>Lunch is not provided on Day 1.</i>	8:15 am	Captains Meeting 2 	8:15 am	Captains Meeting 3 
12:00 pm	Camp Registration Ends	8:30 am	<b>Directors/Coaches Meeting 2</b> <b>Coaches Camp Assessment</b> Warm-Ups	8:30 am	<b>Directors/Coaches Meeting 3</b> Warm-Ups
12:15 pm	Routine A & B Preview <b>(Directors/Coaches)</b>	9:00 am	Pom Technique/Drills	9:00 am	Staff TeamMate Time Staff TeamMate Wrap Up
12:45 pm	<b>Captains Meeting 1</b> 	9:15 am	Staff TeamMate Time Team Routine (Session 2) Gatorade Break	9:30 am	Team Routine Competition
1:00 pm	Opening Ceremonies	10:15 am	Routine A (Session 2)	10:00 am	Routine A Review & Showcase
1:15 pm	<b>Coaches Goal Setting</b> Warm-Ups	11:30 am	LUNCH	10:30 am	Routine B Review & Showcase
1:45 pm	<b>Director/Coaches Meeting 1</b> Staff TeamMate Time Team Routine (Session 1)	1:00 pm	Master Teacher	11:00 am	Dance Star Finals
2:30 pm	Routine A (Session 1)	2:30 pm	Routine B (Session 2)	11:30 am	Pin It Forward Final Awards
3:30 pm	Routine B (Session 1)	3:45 pm	Choose Your Challenge	<i>Camp should end at approx. 12:30 pm depending upon the size of the camp.</i>	
4:30 pm	DINNER	4:30 pm	DINNER	 <b>NFHS Squad Credentialing (For additional information see page 2)</b>	
6:30 pm	Fight Song Evaluation/ Home Routine Showcase	6:30 pm	Unity Games		
7:00 pm	NFHS Credentialing Intro  Pom Technique/Drills	6:45 pm	Staff TeamMate Time		
7:30 pm	Dance Technique	7:45 pm	Dance Star Prelims		
8:00 pm	Unity Games Staff TeamMate Wrap Up Spirit Awards	8:15 pm	Staff TeamMate Wrap Up Pin It Forward Spirit Awards		
9:00 pm	All Camp Meeting	8:45 pm	Practice/Free Time		

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 Pom Technique/Drills Dance Technique Choose Your Challenge	Routine A & B Home Routine Showcase Routine A & B Showcase Master Class Team Routine & Competition	Captain Meetings Dance Star/All-American	Fight Song Evaluation Spirit Awards

**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.

**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 COMPETITION** – The Team Routine Competition takes place on day 3. Emphasis on KNOWLEDGE, TECHNIQUE/EXECUTION & SHOWMANSHIP. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place trophies will be awarded.

**POM TECHNIQUE & DRILLS** – Dancers will focus on proper pom technique (control, placement, sharpness, etc.) and work on drills to improve pom motions.

**ROUTINE A,B** – 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.

**DANCE 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.