



# 2022 SPIRIT (CHEER YOUTH HOME CAMP)

SCHOOL/TEAM: \_\_\_\_\_

DATES: \_\_\_\_\_

A snack bar will not be provided at this camp. Please inform your team to arrive with snacks, lunch and water.

## DAY ONE

12:00 pm	Meet Your Staff TeamMate(s)
12:10 pm	Warm-Ups
12:30 pm	Sideline Cheers
1:30 pm	Stunt Introduction
2:00 pm	Stunt Class
2:45 pm	Camp Games
3:00 pm	BREAK
3:30 pm	Jump Class & Jump Off
4:00 pm	USA Routine
5:00 pm	Unity Games
5:30 pm	Staff TeamMate Time: Material Review
6:00 pm	Day 1 Showcase
6:30 pm	Spirit Awards, Ribbons & Dismiss

## DAY TWO

9:00 am	Warm-Ups & Review
9:30 am	Pyramids Class
10:15 am	Crowd Leading Cheer
11:15 am	Get In The Game
11:45 am	Camp Games
12:00 pm	LUNCH
1:00 pm	Game Day Evaluation
1:30 pm	Unity Routine
2:30 pm	Unity Games
3:00 pm	Staff TeamMate Time: Material Review
3:30 pm	Day 2 Showcase
4:00 pm	Spirit Awards, Ribbons & Dismiss

## DAY THREE

9:00 am	Warm-Ups & Review
9:30 am	Stunt Class
10:15 am	Stunt Evaluation
10:45 am	Time Out Dance
11:45 am	Camp Games
12:00 pm	LUNCH
1:00 pm	Staff TeamMate Time: USA Routine Custom Choreography
2:30 pm	TeamMaker
3:00 pm	Staff TeamMate Time: Material Review
3:30 pm	Day 3 Showcase
4:00 pm	Spirit Awards, Ribbons & Dismiss

*Times and class titles are subject to change.*