



2022 SPIRIT (MASCOT EXPRESS)

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
- 1:00 pm Opening Rally
Warm-Ups
- 1:30 pm Coaches Welcome**
NFHS Credentialing Intro
Motion Technique
Game Day Material
- 2:30 pm Meet your Staff TeamMate
Mascot Welcome &
Commandments
- 2:45 pm Staff TeamMate Time:
Game Day Eval Prep
- 3:45 pm Moves Like a Mascot
Character Development
Routine A
- 4:30 pm DINNER
- 6:30 pm Fight Song Evaluation/
Home Routine Showcase
- 7:30 pm Coaches Goal Setting**
All-American Cheer
- 8:00 pm Unity Routine
- 8:30 pm Unity Games
Spirit Awards
- 9:00 pm All Camp Meeting

DAY TWO

- 7:00 am BREAKFAST
- 8:30 am Coaches Check-In/
USA Legacy Speaker**
Warm-Ups/Unity Routine
- 9:00 am Mascot Sideline Cheers
Skit Movement
Box of Props
- 10:00 am Wow the Crowd
Mascot Game Plan
- 10:30 am *There's No Place Like USA*
- 11:00 am Staff TeamMate Time:
Game Day Material Review/
Eval Prep
- 11:30 am LUNCH
- 1:00 pm Choose Your Challenge
Captains Corner
- 2:00 pm *Get In The Game, Leader In Action
& Team Up for St Jude*
- 2:45 pm Routine A continued
- 3:15 pm Suit Up (Props) & Mascot Walk
- 3:30 pm Game Day Eval Demo
- 3:45 pm All-American Tryouts
Pin It Forward
- 4:30 pm DINNER
- 6:30 pm Spirit Awards
Rally Over the Rainbow!
- 7:30 pm USA Dance Party
- 8:00 pm Practice/Free Time

DAY THREE

- 7:00 am BREAKFAST
- 8:30 am Coaches Meeting 4**
Warm-Ups/ Unity Routine
- 9:00 am Staff TeamMate Time:
Game Day Eval Prep
- 9:30 am Game Day Evaluation
- 10:30 am Final Review
- 11:00 am *TeamMaker*
Staff TeamMate Wrap Up
Senior Spotlight
- 11:30 am Closing Rally
Pin It Forward
Final Awards

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

Times and class titles are subject to change.