



2024 Home Camp Schedule

NFHS KEY: C-Crowd Leader B-Ambassador R- Spirit Raiser S-Safety A-Athlete E-Entertainer L-Leadership

DAY 1

- 12:00 pm Meet your Staff TeamMate(s) & NFHS Credentialing Intro
- 12:15 pm Warm-ups
- 12:30 pm Game Day Material & All-American Cheer
- 1:30 pm Stunt Introduction (S) & Stunt Class
- 2:30 pm USA/FNL Routine
- 3:00 pm **BREAK**
- 3:30 pm Pyramid Class
- 4:30 pm Staff TeamMate Time: Game Day Coaching
- 5:30 pm Gold Games
- 6:00 pm Material Review
- 6:30 pm Spirit Awards & Dismiss

DAY 2

- 9:00 am Warm-ups & Material Review
- 9:30 am Stunt Class (A)
- 10:30 am Choose Your Challenge (E)
- 11:30 am Staff TeamMate Time: Game Day Coaching (C)
- 12:00 pm **LUNCH**
- 1:00 pm Game Day Evaluation
- 1:30 pm Stunt Class
- 2:30 pm Leadership Activity (L) & Team Up For St. Jude (B)
- 3:00 pm All-American Tryouts (R)
- 3:30 pm Material Review
- 4:00 pm Spirit Awards & Dismiss

Choose Your Challenge Options:

- Timeout Dance
- Hip Hop Dance
- Basket Toss Class
- Single Base Stunt Class
- Pyramid Class

