2024 Express Camp Song/Pom Schedule

DAY 1

9:00am	Camp Registration begins
	LUNCH IS NOT PROVIDED
12:00pm	Camp Registration Ends
12:30pm	Arrive to main meeting area
1:00pm	Opening Rally & Warm-ups
1:30pm	**Coaches Welcome** NFHS Credentialing Intro& Game Day Material
2:30pm	Staff TeamMate Time: Meet your Staff TeamMate & Game Day Coaching
3:30pm	Performance Routine A1
4:30pm	**DINNER**
6:30pm	Fight Song Evaluation/ Home Routine Showcase
7:30pm	**Coaches Goal Setting** Pom Quarter Break Routine
8:00pm	Unity Routine
8:30pm	Gold Games & Spirit Awards
9:00pm	All Camp Meeting

DAY 2

7;00am	***BREAKFAST**
8:00am	All American Routine
8:30am	**Coaches Assessment** Warm-Ups & Unity Routine
9:00am	Team Technique
9:30am	Performance Routine A2
10:30am	Ready, Set, Gold! Workshop
11:00am	Staff TeamMate Time: Game Day Evaluation Demonstration & Game Day Coaching
11:30am	**LUNCH**
1:00pm	Choose Your Challenge & Captain's Corner
2:00pm	Hip Hop Quarter Break Routine
3:00pm	Evaluation of Performance Routine A
4:00pm	Team Up For St. Jude & Pin It Forward
4:30pm	DINNER
6:30pm	Go For Gold Rally & Spirit Awards
7:00pm	USA Dance Party
7:30pm	Free Time

DAY 3

7:00am	***BREAKFAST**
8:30am	**Coaches Wrap Up** Warm-Ups & Unity Routine
9:00am	Staff TeamMate Time: Game Day Coaching
9:30am	Game Day Evaluation
10:30am	All-American Tryouts
11:30am	TeamMaker, Senior Spotlight & Pin it Forward
12:00pm	Closing Rally & Final Awards

Friends and family are invited to camp on Day 3 beginning at 9:15 am.

Day 3 will end at approximately 12:30 pm depending on the camp size.

Class times and offerings may vary by camp location.

*BREAKFAST is not included at certain Resort/Hotel camp locations. Refer to the camp information on the MyVarsity portal or contact your State Director to inquire about a specific location.