2024 Premier Camp Song/Pom Schedule

DAY 1

9:00 am	Camp Registration begins
	LUNCH IS NOT PROVIDED
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 Game Day Material
2:30 pm	Quarter Break Routine - Pom
3:30 pm	Performance Routine A
4:30 pm	**DINNER**
6:30 pm	Fight Song Evaluation/ Home Routine Showcase
7:30 pm	Coaches Goal Setting Quarter Break Routine – Hip Hop
8:30 pm	Gold Games & Spirit Awards
9:00 pm	All Camp Meeting

DAY 2

7:00 am	***BREAKFAST**
8:00 am	All American Routine
8:30 am	Coaches Check-In/ Warm-Ups & Unity Routine
9:00 am	Performance Routine B
10:30 am	Ready, Set, Gold!
11:00 am	Staff TeamMate Time: Game Day Material Review & Coaching
11:30 am	**LUNCH**
1:00 pm	Coaches Camp Assessment Choose Your Challenge & Captain's Corner
2:00 pm	Performance Routine A2
3:30 pm	Performance Routine B2
4:30 pm	**DINNER**
6:30 pm	Team Technique
7:30 pm	Quarter Break Routines Review
8:30 pm	Pin It Forward & Spirit Awards Free Time

DAY 3

7:00 am	***BREAKFAST**
8:00 am	All American Routine
8:30 am	Coaches Check-In/ Warm-Ups & Unity Routine
9:00 am	Technique
10:00 am	Quarter Break Routine - Jazz
11:00 am	Performance Routine A3
11:30 am	**LUNCH**
1:00 pm	Choose Your Challenge
2:00 pm	Performance Routine B3 Review
2:30 pm	Performance Routine A& B Evaluation
3:30 pm	Staff TeamMate Time: Game Day Evaluation Demonstration & Game Day Coaching
6:30 pm	**DINNER**
7:00 pm	Go For Gold Rally & Spirit Awards
7:30 pm	USA Dance Party
	Free Time

DAY 4

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

Friends and family are invited to camp on Day 4 beginning at 9:30 am

Day 4 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.**