t association united spirit association unit

S-Safety



2024 Spirit (Song/Pom Your Way Camp)

A-Athlete

DAY 1

NFHS KEY: C-Crowd Leader

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 Pom Quarter Break Routine
2:30pm	Performance Routine A
3:30pm	Hip Hop Quarter Break Routine
4:30pm	
	DINNER
6:30pm	Fight Song Evaluation/ Home Routine Showcase
6:30pm 7:00pm	Fight Song Evaluation/
	Fight Song Evaluation/ Home Routine Showcase

DAY 2

R- Spirit Raiser

B-Ambassador

7;00am	*BREAKFAST
8:00am	All American Routine
8:30am	Coaches Assessment Warm-Ups & Unity Routine
9:00am	Team Technique
9:30am	Performance Routine B
10:45am	Hip Hop Quarter Break Routine
11:30am	LUNCH
1:00pm	Jazz Quarter Break Routine
1:00pm 2:00pm	Jazz Quarter Break Routine Performance Routine B2
2:00pm	Performance Routine B2
2:00pm 3:00pm	Performance Routine B2 Choose Your Challenge
2:00pm 3:00pm 3:45pm	Performance Routine B2 Choose Your Challenge Team Up For St. Jude & Pin It Forward
2:00pm 3:00pm 3:45pm 4:00pm	Performance Routine B2 Choose Your Challenge Team Up For St. Jude & Pin It Forward Go For Gold Rally & Spirit Awards

DAY 3

L-Leadership

E-Entertainer

7:00am	*BREAKFAST
8:30am	Coaches Wrap Up Warm-Ups & Unity Routine
9:00am	Technique
9:30am	Performance Routine A & B Review & Evaluation
10:30am	All-American Audition
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 9:30 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.

9:00pm

All Camp Meeting