

EST. DAY BY DAY 1950
HANDBOOK





School/Organization Name

Team

Camp Date & Location

Dear Coach/Advisor,

For 75 summers, the United Spirit Association has set the “gold standard” for all things spirit, dance, and band.

Get **READY** for your season with cutting-edge curriculum the USA is known for...

SET your team up for success with top notch technical and leadership training from the USA staff...

and go for **GOLD** all year long by establishing a strong foundation this summer at USA camp.

From our first camp in 1950 to the present day, the USA remains Good as Gold...solid, shining, superior.
We invite you to join us this summer to share in our continued tradition of greatness.

READY, SET, GOLD!

This is your **USA Day-By-Day Camp Handbook**. It is packed with useful information that will help you get the most out of your camp experience. We recommend keeping it with you at all times as it will be utilized for various activities, meetings and workshops throughout camp. In addition to the Day-By-Day, your Head Instructor and Staff TeamMate (listed below) are here to keep you informed and answer any questions you may have. Please don’t hesitate to let us know what we can do to make your camp experience more comfortable and/or enjoyable.

From our team to yours, thanks for choosing USA!

Cheerfully,

Your USA Head Instructor

Your USA Staff TeamMate

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Varsity Spirit is dedicated to providing instruction, competitive opportunities and memorable experiences for cheerleaders with an emphasis on safety and leadership. Cheerleaders have the honor and responsibility of creating a strong sense of school pride and elevating spirit within their school and community through five key roles: crowd leader, spirit raiser, ambassador, athlete and entertainer. When squads focus on achieving excellence in each role, they are able to better serve their campus community. Along with the five roles of a cheerleader, safety and leadership are top priorities for Varsity Spirit.

The National Federation of State High School Associations (NFHS) is the national leadership organization for high school sports and performing arts activities. They work with nearly 20,000 schools and over 12 million students across all 50 states.

Together, as partners in building strong school spirit programs, we created the Varsity Spirit / NFHS Credentialing program — the foundation for our entire summer camp curriculum.

The implementation of the Varsity Spirit/ NFHS Credentialing Program is part of our mission to elevate the profile of cheerleaders, whether on campus, at a game or in the community.

THE FIVE ROLES OF A SPIRITLEADER



- 1. **AMBASSADOR:** Spiritleaders are recognizable AMBASSADORS of their school in the classroom, on campus and in their community.
- 2. **ATHLETE:** Like any other ATHLETE, spiritleaders train tirelessly to be in the physical shape required to safely execute their skillset.
- 3. **CROWD LEADER:** As CROWD LEADERS, spiritleaders elevate the game day experience by leading the crowd in cheers and chants intended to encourage the players and generate excitement.
- 4. **ENTERTAINER:** Spiritleaders are ENTERTAINERS anytime they perform exciting and engaging routines for an audience.
- 5. **SPIRIT RAISER:** As SPIRIT RAISERS, spiritleaders are responsible for promoting school spirit and boosting overall morale.

UNITY ROUTINE

- 24K Magic

USA ROUTINES

- A. yes, and?
- B. Dip It Low
- C. Greedy

SHOWTIME ROUTINES

- Friday Night Lights — I Got The Power
- Street — Make My Day
- Sideline — Material Girl
- Sync — It's Tricky

MASCOT ROUTINES

- A. I Look Good
- B. Fun Fun Fun

HIP HOP DANCES

- A. RATATA
- B. Make My Day

TIMEOUT DANCES

- A. Lil Boo Thang
- B. It's Tricky

FIGHT SONG

- Go Eagles Go

BAND CHANTS

- A. Shake It Off
- B. Eat 'em Up

CROWDGETTERS

- A. Sweet Caroline
- B. Zombie Nation

SIDELINE CHEERS

- **OFFENSE:** Drive the ball, down the field, first and ten, let's go Eagles
- **DEFENSE:** Defense, be quick, steal the ball, let's get that pick
- **General:** It's game day, get your game face on, go big gold

ALL-AMERICAN/CROWD LEADING CHEER

Ready, get set, here we go
Yell the color that steals the show
Go big gold, go big gold
Now fans, here's what comes next
Yell our letters, ready set
C H S, C H S
Yell go big gold, for C H S

BASKETBALL CHANTS

- **OFFENSE:** Dribble, dribble, shoot it, let's do it
- **DEFENSE:** Defense, let's hold it down, block that shot
- **GENERAL:** Let's go, let's fight, Eagle Nation, let's get hyped

YOUTH MATERIAL

- **USA Routine:** Houdini
- **Offense:** D-O-W-N, get down, score six
- **Defense:** Push 'em back, push 'em back, defense attack
- **General:** Hey crowd, let's go all in, get that win
- **Crowd Leading Cheer:**
Ready set gold
Hey Eagles, it's time to shine
Poms up and clap two times
Blue, gold, blue gold
Hey Eagles, let's go for gold
Poms up, yell the letters you know
U S A, U S A
Blue, gold, USA

BONUS MATERIAL

- **Dance:** Bring It On
- **Band Chant:** Go For Gold



UNITY ROUTINES

- USA Spirit Routine — 24K Magic

USA DANCE QUARTER BREAK ROUTINES

- Country Girl — Pom
- I Believe That We Will Win — Hip Hop
- I Know You Want Me — Jazz

POM ROUTINES

- Yeah!
- Freak 54
- Houdini

MIXED STYLE ROUTINES

- Gimme Dat
- DJ Turn It Up

JAZZ ROUTINES

- Exes
- Lovestoned

HIP HOP ROUTINES

- Let’s Ride
- Dirt off your Shoulders
- Party Like a Rockstar
- Move Your Feet

BAND CHANTS

- Shake It Off

FIGHT SONG

- Go Eagles Go

SIDELINE CHEERS

- **OFFENSE:** Drive the ball, down the field, first and ten, let’s go Eagles
- **DEFENSE:** Defense, be quick, steal the ball, let’s get that pick
- **General:** It’s game day, get your game face on, go big gold

BONUS MATERIAL

- Feedback

S

Specific — What is the goal you want to accomplish?

M

Measurable — How will you know when you have accomplished your goal?

A

Attainable — How will you accomplish your goal? What is the game plan?

R

Relevant — Why is your goal worth working hard to accomplish?

T

Timely — When exactly do you want to accomplish your goal?



1.	6.
2.	7.
3.	8.
4.	9.
5.	10. _____ _____ _____ _____

Coach's Name: _____

School/Organization: _____

Program:	Cheer	Song-Pom/Dance	Mascot	Pep Flag
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Squad: Varsity Junior Varsity Freshman Junior High/Youth

Please answer the following questions that will enable the USA Staff to assess your camp experience:

1. What is the name of your Staff TeamMate? _____

2. What is the name of your Head Instructor? _____

3. Rate your overall camp experience thus far?

1 2 3 4 5
(1 = poor experience to 5 = superior experience)

4. What can your Staff TeamMate and/or Head Instructor can do to improve your camp experience?

5. How is the pace of stunt/skills classes? Just Right Too Fast Too Slow

6. How is the instruction of camp material?	Superior	Average	Needs Improvement
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7. Rate your understanding of upcoming evaluations.

1 2 3 4 5
(1 = poor understanding to 5 = strong understanding)

8. Rate your team's preparedness for upcoming evaluations.

1 2 3 4 5
(1 = very unprepared to 5 = very prepared)

9. Do you have any additional questions, comments and/or concerns?

Please tear out this page, and return it to your Head Instructor immediately after completing.



GATORADE

FROST

THIRST QUENCHER

GLACIER CHERRY

2024
READY·SET
GOLD
★

[illegible]

USA SUMMER CAMP 2024 | 9

SENIOR SPOTLIGHT ROSTER

School/Organization: _____

Program:	Cheer	Song-Pom/Dance	Mascot	Pep Flag
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List the first names of your Senior Spiritleaders below.

[illegible]

Please tear out this page, and return it to your Head Instructor at Coaches Wrap-up on the final day of camp.



SPECIAL EVENTS

Step into a world where your athlete's passion for performance meets the excitement of adventure with Varsity Spirit Special Events! From parading down the historic streets of London to surfing a wave in Hawaii or soaking up the magic at *Walt Disney World® Resort*, there's an event for everyone!

2024-2025 Events

- Varsity Spirit Spectacular at *Walt Disney World® Resort*
- Orlando Thanksgiving Tour at *Walt Disney World® Resort*
- Philadelphia Thanksgiving Day Parade
- Pearl Harbor Memorial Parade
- London New Year's Day Parade
- Rome New Year's Day Parade
- Cheez-It Citrus Bowl Performance
- Spring Break Performance at *Walt Disney World® Resort*

— Cathy, Parent, London New Year's Day Parade

WHO?



WHERE AND WHEN?

Find which events your athletes and program are eligible to attend.



COACHES!

Have an athlete who qualified for a Varsity Spirit Special Event? Scan here to have your athlete share their information. For All-Americans this will be how they receive their official All-American patch and certificate!



BEGINNER STUNTS

NO PREREQUISITE

- STEP UP TO THIGH STAND
 - DISMOUNT: STEP OFF
- STEP UP TO SHOULDER SIT
 - DISMOUNT: POP OFF (TOP PERSON OFF THE FRONT)

-
- LOAD IN TO HANG DRILL
 - DISMOUNT: STEP OFF
 - SHOW N’ GO (PASS THROUGH EYE LEVEL) TO LOAD
 - DISMOUNT: STEP OFF
 - EXT. PREP
 - DISMOUNT 1: EXPRESS DOWN (TOP PERSON’S FEET TOGETHER, LOWER TO LOAD), STEP OFF
 - DISMOUNT 2: BUMP DOWN (PASS THROUGH EYE LEVEL) TO LOAD, STEP OFF

-
- EXT. PREP, RETAKE TO SHOULDER SIT ON BACKSPOT
 - DISMOUNT: POP OFF (TOP PERSON OFF THE FRONT)
 - EXT. PREP, RETAKE TO EXT. PREP
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

-
- EXT. PREP, PRESS TO EXT., LOWER TO EXT. PREP
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
 - EXT. PREP
 - DISMOUNT: STRAIGHT CRADLE
 - ¼ UP TO EXT. PREP, STRAIGHT CRADLE, RELOAD TO EXT. PREP
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

-
- PICK UP TO TEDDY BEAR SIT
 - DISMOUNT: DISMOUNT: STEP OFF
 - EXT. PREP TO TEDDY BEAR SIT, J-UP TO EXT. PREP
 - DISMOUNT: STRAIGHT CRADLE

-
- STAIR STEPPER TO EXT. PREP
 - DISMOUNT: STRAIGHT CRADLE
 - EXT.
 - DISMOUNT: BACK TO EXT. PREP, STRAIGHT CRADLE
 - PUMP N’ GO STAIR STEPPER TO EXT.
 - DISMOUNT: BACK TO EXT. PREP, STRAIGHT CRADLE

NOVICE STUNTS

PREREQUISITE: EXT. PREP

- EXT. PREP, PRESS TO EXT.
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- WALK IN EXT. PREP
 - DISMOUNT: STRAIGHT CRADLE, BARREL ROLL
- EXT.
 - DISMOUNT: ¼ TURN STRAIGHT CRADLE

-
- SUSPENDED FORWARD ROLL FROM LOAD
 - ½ UP EXT. PREP (LEFT-OVER-RIGHT & RUBY SLIPPER APPROACH)
 - DISMOUNT: SUSPENDED FORWARD ROLL
 - ½ UP EXT.
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

-
- PREP LEVEL LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
 - ½ UP PREP LEVEL LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

-
- LOAD, LEAPFROG, LOAD, EXT. PREP
 - DISMOUNT: SUPERMAN TO PRONE, FORWARD ROLL OUT
 - FRONT WALKOVER J-UP TO LOAD, EXT. PREP
 - DISMOUNT: BUMP DOWN TO LOAD, REVERSE LEAPFROG TO PRONE
 - FRONT WALKOVER J-UP TO EXT. PREP
 - DISMOUNT: POP OFF

-
- PREP LEVEL LIBERTY — LEFT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
 - TICK UP TO PREP LEVEL LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

-
- CARTWHEEL IN TO LOAD, EXT. PREP
 - DISMOUNT: BUMP DOWN TO LOAD, REVERSE ½ TURN LEAPFROG TO CRADLE
 - CARTWHEEL IN TO EXT. PREP
 - DISMOUNT: SUPERMAN TO SIDE, CARTWHEEL OUT
 - PREP LEVEL LIBERTY — LEFT LEG, BRACED LOW TO LOW TICK TO PREP LEVEL LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF



NOVICE STUNTS (CONT.)

PREREQUISITE: EXT. PREP

- EXT. PREP, PRESS TO EXT.
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- WALK IN EXT. PREP
 - DISMOUNT: STRAIGHT CRADLE, BARREL ROLL
- EXT.
 - DISMOUNT: ¼ TURN STRAIGHT CRADLE

- SUSPENDED FORWARD ROLL FROM LOAD
- ½ UP EXT. PREP (LEFT-OVER-RIGHT & RUBY SLIPPER APPROACH)
 - DISMOUNT: SUSPENDED FORWARD ROLL
- ½ UP EXT.
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- PREP LEVEL LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- ½ UP PREP LEVEL LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- LOAD, LEAPFROG, LOAD, EXT. PREP
 - DISMOUNT: SUPERMAN TO PRONE, FORWARD ROLL OUT
- FRONT WALKOVER J-UP TO LOAD, EXT. PREP
 - DISMOUNT: BUMP DOWN TO LOAD, REVERSE LEAPFROG TO PRONE
- FRONT WALKOVER J-UP TO EXT. PREP
 - DISMOUNT: POP OFF

- PREP LEVEL LIBERTY — LEFT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- TICK UP TO PREP LEVEL LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- CARTWHEEL IN TO LOAD, EXT. PREP
 - DISMOUNT: BUMP DOWN TO LOAD, REVERSE ½ TURN LEAPFROG TO CRADLE
- CARTWHEEL IN TO EXT. PREP
 - DISMOUNT: SUPERMAN TO SIDE, CARTWHEEL OUT
- PREP LEVEL LIBERTY — LEFT LEG, BRACED LOW TO LOW TICK TO PREP LEVEL LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

INTERMEDIATE STUNTS

PREREQUISITE: STRAIGHT CRADLE

- QUICK TOSS TO EXT. PREP
 - DISMOUNT: FULL DOWN/TWIST CRADLE
- ½ UP EXT. (LEFT OVER RIGHT & RUBY SLIPPER APPROACH)
 - DISMOUNT: ¼ TURN FULL DOWN/TWIST CRADLE

- LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- ½ UP LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- FULL UP TO LOAD (TRADITIONAL & MODIFIED APPROACH)
 - DISMOUNT: STEP OFF
- FULL UP EXT. PREP (TRADITIONAL & MODIFIED APPROACH)
 - DISMOUNT: POP OFF
- FULL UP EXT. (TRADITIONAL & MODIFIED APPROACH)
 - DISMOUNT: POP OFF

- ROUND OFF, FRONT FLIP TO LOAD, EXT. PREP
 - DISMOUNT: CORKSCREW
- ROUND OFF J-UP TO EXT. OR LIBERTY — RIGHT LEG
 - DISMOUNT: CORKSCREW
- ROUND OFF ½ TURN J-UP TO EXT. OR LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- LIBERTY — LEFT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- TICK UP TO LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- PREP LEVEL LIBERTY — LEFT LEG, BRACED LOW TO HIGH TICK TO LIBERTY — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- LIBERTY — LEFT LEG, LOW TO HIGH TICK TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- LIBERTY — LEFT LEG, LOW TO HIGH ¼ TURN TICK TO LIBERTY/ARABESQUE - RIGHT LEG
 - DISMOUNT: FRONT WALKOVER OUT



INTERMEDIATE STUNTS (CONT.)

PREREQUISITE: STRAIGHT CRADLE

- INVERTED PLANK AT SHOULDER LEVEL, POP THROUGH TO LOAD, EXT. PREP
 - DISMOUNT: BUMP DOWN, BAJA FLIP TO CRADLE
- INVERTED PLANK AT SHOULDER LEVEL, POP THROUGH TO EXT. PREP
 - DISMOUNT: BUMP DOWN, FULL TWISTING BAJA FLIP TO CRADLE

- REWIND TO LOAD, EXT. PREP
 - DISMOUNT: PANCAKE, STEP OUT
- REWIND TO EXT. PREP
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- QUICK TOSS FULL UP TO EXT. PREP
 - DISMOUNT: POP OFF
- EXT. PREP, LOW TO LOW FULL AROUND TO EXT. PREP (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: FULL TWISTING PRONE, FORWARD ROLL OUT
- EXT. PREP, LOW TO HIGH FULL AROUND TO EXT. (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: FULL TWISTING POP OFF
- EXT., HIGH TO HIGH FULL AROUND TO EXT. (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF

- ROUND OFF UP TO EXT. PREP (RELEASED)
 - DISMOUNT: POP OFF
- CARTWHEEL UP TO EXT. PREP (RELEASED)
 - DISMOUNT: POP OFF
- BACK HANDSPRING UP TO EXT. PREP (RELEASED)
 - DISMOUNT: POP OFF
- HAND TO HAND, POP THROUGH TO EXT. PREP (RELEASED)
 - DISMOUNT: POP OFF

ADVANCED STUNTS

PREREQUISITE: LIBERTY — RIGHT LEG STRAIGHT CRADLE

- LIBERTY — RIGHT LEG
 - DISMOUNT: FULL DOWN/TWIST CRADLE
- QUICK TOSS TO EXT.
 - DISMOUNT: POP OFF
- QUICK TOSS TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF

- EXT. PREP BALL UP TO EXT.
 - DISMOUNT: POP OFF
- BALL UP TO EXT.
 - DISMOUNT: POP OFF
- EXT. PREP BALL UP TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- BALL UP TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF

- LIBERTY — LEFT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- TICK UP TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- LIBERTY — LEFT LEG, LOW TO HIGH TICK TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- ¼ TURN TICK UP TO LIBERTY/ARABESQUE — RIGHT LEG
 - DISMOUNT: ¼ TURN FULL DOWN/TWIST CRADLE
- ½ TURN TICK UP LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF
- LIBERTY — LEFT LEG, HIGH TO HIGH TICK TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: BUMP DOWN TO LOAD, STEP OFF

- FULL UP EXT. (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF
- FULL UP LIBERTY — RIGHT LEG (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: FULL TWISTING POP OFF
- EXT. PREP, LOW TO HIGH FULL AROUND TO LIBERTY — RIGHT LEG (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF



ADVANCED STUNTS (CONT.)

PREREQUISITE: LIBERTY — RIGHT LEG STRAIGHT CRADLE

- INVERTED PLANK AT SHOULDER LEVEL, POP THROUGH TO EXT.
 - DISMOUNT: PUMP N’ GO PANCAKE, STEP OUT
- ROUND OFF UP TO EXT. (RELEASED)
 - DISMOUNT: POP OFF
- CARTWHEEL UP TO EXT. (RELEASED)
 - DISMOUNT: POP OFF

- FRONT HANDSPRING UP TO EXT. (RELEASED)
 - DISMOUNT: POP OFF
- BACK HANDSPRING UP TO EXT. (RELEASED)
 - DISMOUNT: POP OFF
- HAND TO HAND, POP THROUGH TO EXT. (RELEASED)
 - DISMOUNT: POP OFF

- INVERTED PLANK AT SHOULDER LEVEL, POP THROUGH ¼ TURN TO LIBERTY/ARABESQUE — RIGHT LEG
 - DISMOUNT: BUMP DOWN
- ROUND OFF UP ¼ TURN TO LIBERTY/ARABESQUE — RIGHT LEG
 - DISMOUNT: BUMP DOWN
- BACK HANDSPRING UP ¼ TURN TO ARABESQUE — RIGHT LEG
 - DISMOUNT: BUMP DOWN

- 1 ½ UP EXT. (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF
- QUICK TOSS FULL UP TO EXT.
 - DISMOUNT: POP OFF
- EXT., HIGH TO HIGH FULL AROUND TO LIBERTY — RIGHT LEG (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: FULL TWISTING PRONE, FORWARD ROLL OUT

- EXT. PREP, LOW TO HIGH 1 ½ AROUND TO EXT. (TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF
- EXT., HIGH TO HIGH 1 ¼ AROUND TO EXT. (TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF

ELITE STUNTS

PREREQUISITE: FULL UP EXT.

- TICK UP TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: FULL TWISTING POP OFF
- LIBERTY/HEEL STRETCH — LEFT LEG, LOW TO HIGH TICK TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: POP OFF
- LIBERTY/HEEL STRETCH — LEFT LEG, HIGH TO HIGH TICK TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: POP OFF

- EXT. PREP BALL UP FULL UP TO EXT.
 - DISMOUNT: POP OFF
- BALL UP FULL UP TO EXT.
 - DISMOUNT: POP OFF
- EXT. PREP BALL UP FULL UP TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- BALL UP FULL UP TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF

- LIBERTY — LEFT LEG, HIGH TO HIGH ¼ TURN TICK TO LIBERTY/ARABESQUE — RIGHT LEG
 - DISMOUNT: POWER PRESS KICK FULL TO CRADLE
- ½ TURN TICK UP TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: POP OFF
- FULL UP TICK UP TO LIBERTY/HEEL STRETCH — RIGHT LEG
 - DISMOUNT: POP OFF

- 1 ½ UP TO LIBERTY/HEEL STRETCH — RIGHT LEG (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF
- DOUBLE UP TO EXT. (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF
- DOUBLE UP TO LIBERTY — RIGHT LEG (MODIFIED OR TRADITIONAL APPROACH)
 - DISMOUNT: POP OFF

- INVERTED PLANK AT SHOULDER LEVEL, POP THROUGH TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- ROUND OFF UP TO LIBERTY — RIGHT LEG (RELEASED)
 - DISMOUNT: POP OFF
- BACK HANDSPRING UP TO LIBERTY — RIGHT LEG (RELEASED)
 - DISMOUNT: POP OFF



- LIBERTY — RIGHT LEG, PUMP N’ GO, LOW TO HIGH FULL AROUND TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- LIBERTY — RIGHT LEG, HIGH TO HIGH FULL AROUND TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- LIBERTY — LEFT LEG, LOW TO HIGH TICK FULL AROUND TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- EXT. PREP, LOW TO HIGH 1 ½ AROUND TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- EXT., HIGH TO HIGH 1 ¼ AROUND TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF

- HAND TO HAND, POP THROUGH TO EXT.
 - DISMOUNT: POP OFF
- HAND TO HAND, POP THROUGH TO LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF

- CARTWHEEL UP TO EXT.
 - DISMOUNT: POP OFF
- FRONT HANDSPRING UP TO EXT.
 - DISMOUNT: POP OFF
- ROUND OFF HALF UP TO EXT.
 - DISMOUNT: POP OFF

- BACK HANDSPRING UP TO HAND TO HAND, POP THROUGH TO EXT./LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- DIAMADOV TO HAND TO HAND, POP THROUGH TO EXT./LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- FAST FORWARD UP TO EXT.
 - DISMOUNT: POP OFF

- FLIP FLOP TO EXT./LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- HAND TO HAND, FRONT POP THROUGH TO EXT./LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- REVERSE HAND TO HAND HALF TURN POP THROUGH TO EXT./LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF
- BACK HANDSPRING FULL UP TO EXT./LIBERTY — RIGHT LEG
 - DISMOUNT: POP OFF

RULES CHANGES



The following is a summary of changes to the NFHS/USA Cheer Rules for the 2024-25 season. For the specific wording of the rule change or to see all the rules for the upcoming season go to the 2024-25 NFHS Spirit Rules Book, which will be available in June ’24.

To purchase the 2024-25 NFHS Spirit Rules Book do the following:

- Go to usacheer.org.
- Click on the Safety and Education tab.
- Under Rules click on High School Rules
- Click on the tab to order the NFHS Spirit Rules Book.

SUMMARY OF RULE CHANGES FOR THE 2024-25 SEASON

- Rule 3.3.1: One definition has been added for Jewelry**
 - Any personal adornment worn on the body**
 - Exceptions to this would be the following:
 - Religious Medal
 - Medical Alert Bracelet
 - Rubber band over shoestrings
- Rule 3.3.5.d: Bracer(s) with hand-to-hand/arm contact must be in a multi-base prep with a spotter and remain stationary until the top person is descending and finishes in a cradle.
 - Once descending (head rotating away from the ground) and is going to a cradle a bracer(s) can lower to a load position
 - Top has to land in a cradle only and bracer(s) can go to a load position only
- Rule 3.4.2: A participant must not move over or be under a partner stunt or pyramid except when helping build, stabilize, or dismount that partner stunt or pyramid. **EXCEPTION: A top person in a vertical T-Lift may be moved over an athlete in a nugget/bug position on the performing surface**
- Rule 3.5.5: For this rule Letter C and the 2 exceptions under Letter C have been removed and are now their own rule. The rule is 3.5.6 and under this new rule there is one change for letter C. When starting from a vertical position

at prep level or above, the top person remains in a position where the upper body **remains** is vertical. **When starting from a vertical seated/pike position at prep level or above, the top person may not perform any twist to a vertical seated/pike position.**

- This allows a release from a vertical seated position or landing in a vertical seated position
 - Does not allow a vertical seated position to release and twist landing back in the vertical seated position
- Rule 3.7.2: For this rule letter B has been removed. This now allows a dismount to the performing surface, where the top does a skill such as a toe touch or twist, to be assisted by a base or spot. This no longer requires an additional spotter.
 - 3.8.2: For this rule letter B has had the word “poms” changed to “props”. Also additional verbiage has been added: **The props shall not be made of hard material, have corners or sharp edges.** This allows a back tuck with a rally towel or a foam finger where in the past only poms where allowed.
 - Rule 10: Props** (Formerly labeled Props as Bases): This rule was about using a prop as a base. This has been changed to Props. Here is where most prop rules are now listed. No changes for these, just more clarifications on what is allowed and not allowed with props. **3.10.5: Hands Free poms are allowed.**



ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- This routine requires TWO elements: a sideline cheer and a crowd-oriented cheer/chant/traditional yell/drum cadence.
 - Sideline cheer: response to a game time sideline situation (presented by the announcer). Announcer sideline script will be posted on the USA website.
 - Cheer/chant/traditional yell/drum cadence: a separate crowd-oriented cheer that is not directly related to the situational cheer, but rather an add-on following the situation cheer.
 - The total routine length for both of these elements is one minute.
- Emphasis should be placed on crowd involvement and interaction, as well as entertaining the crowd.
 - All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.
 - Incorporated skills (kick, turns, jumps, tumbling, stunts, etc.) are used to cue and encourage participation.
- The use of props (i.e. poms, signs, flags, megaphones, banners, foam fingers, and/or rally towels) to lead the crowd is required.
 - Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
 - No use of water, glitter, or other substances that would be harmful to the floor and/or to another competitor.
- Judging will be based on the following criteria, as well as elements noted on the score sheet:
 - Ability to lead the crowd and encourage participation from all audience members.
 - Material is appropriate to the sideline, but also elevated to enhance the entertainment value.
 - Visual effects, variety, creativity, and musicality.
 - Execution (placement, synchronization, spacing, etc.)
 - Crowd appeal, showmanship, and confidence.
 - Accurate response to the game situation.
- The team may start their routine on or off the mat for the reading of their game sideline situation.
- Timing begins once the situation is read and ends at the conclusion of the second element of the routine (cheer/chant/traditional yell/drum cadence).
- Music is not permitted except for a drum cadence. A live drummer, or a drum track is allowed.
 - Auxiliary groups (i.e. drummers) must remain on the gym floor and are not permitted on the carpet bonded performance mat.
- Sideline/traditional school uniforms are required. Thematic/specialized costuming is not allowed.

SPECIFIC SKILL RESTRICTIONS — SIDELINE/CHEER CATEGORY

- No baskets, sponge, elevator, or similar tosses permitted.
- No stunt/pyramid inversions are allowed.
- No twisting dismounts are allowed.
- Single leg extended stunts are limited to liberties and liberty hitches.
- No running tumbling is allowed.
- Standing tumbling skills are limited to single skills.

ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- Emphasis should be placed on crowd involvement and interaction, as well as entertaining the crowd.
 - All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.
 - Incorporated skills (kick, turns, jumps) are used to cue and encourage participation.
- The use of props (i.e. poms, signs, flags, megaphones, banners, foam fingers, and/or rally towels) to lead the crowd is required.
 - Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
 - No use of water, glitter, or other substances that would be harmful to the floor and/or to another competitor.
- The Band Chant music must be an instrumental band version.
- Camp material may easily be adapted to fit this category. For example, any band chant learned at a 2024 Varsity Brands camp could be used for this routine. Examples might include “Rock ‘N Roll Part II,” “Land of A Thousand Dances,” etc.
- Judging will be based on the following criteria, as well as elements noted on the score sheet:
 - Ability to lead the crowd and encourage participation from all audience members.
 - Material is appropriate to the sideline, but also elevated to enhance the entertainment value.
 - Visual effects, variety, creativity, and musicality.
 - Execution (placement, synchronization, spacing, etc.)
 - Crowd appeal, showmanship, and confidence.
- Band Chant performance must be made up of at least 50% cheerleaders. Non-cheerleaders may participate (i.e. song/pom, dance) but may not comprise more than 50% of the total team members.
 - Auxiliary groups (i.e. drummers, band members, etc.) may perform with the spirit squad. These “auxiliary groups” must remain on the gym floor and are not permitted on the carpet bonded performance mat.
- A team may begin on or off of the performance floor.
- Timing will begin with the first organized movement, voice, or note of music, whichever comes first.
- Timing will end with the last beat of music or organized movement.
- Sideline/traditional school uniforms are required. Thematic/specialized costuming is not allowed.

SPECIFIC SKILL RESTRICTIONS — BAND CHANT CATEGORY

- Tumbling and/or stunting of any kind is prohibited, including during entrance and exit.
- Kicks, jumps, leaps, and turns are permitted.



ROUTINE AND JUDGING REQUIREMENTS:

- Each team will perform a routine not to exceed 1 minute.
- Emphasis should be placed on crowd involvement and interaction, as well as entertaining the crowd.
 - All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.
 - Incorporated skills (kick, turns, jumps, tumbling, stunts, etc.) are used to cue and encourage participation.
- Skills incorporation (stunts, tosses, pyramids, and/or tumbling) is limited to three (3) consecutive 8-counts. If the fight song repeats, the incorporation will only be allowed if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count.
- The use of props (i.e. poms, signs, flags, megaphones, banners, foam fingers, and/or rally towels) to lead the crowd is required.
 - Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
 - No use of water, glitter, or other substances that would be harmful to the floor and/or to another competitor.
- Teams are encouraged to use their traditional school fight song. Should your school fight song exceed 1 minute, and no reasonable way to edit the routine is possible, please contact the USA office for approval.
- Judging will be based on the following criteria, as well as elements noted on the score sheet:
 - Ability to lead the crowd and encourage participation from all audience members.
 - Material is appropriate to the sideline, but also elevated to enhance the entertainment value.
 - Visual effects, variety, creativity, and musicality.
 - Execution (placement, synchronization, spacing, etc.)
 - Crowd appeal, showmanship, and confidence.
- Timing will begin with the first organized movement, voice, or note music, whichever comes first.
- Timing will end with the last beat of music or organized movement.
- Sideline/traditional school uniforms are required. Thematic/specialized costuming is not allowed.

SPECIFIC SKILL RESTRICTIONS — FIGHT SONG CATEGORY

- No baskets, sponge, elevator, or similar tosses permitted.
- No stunt/pyramid inversions are allowed.
- No twisting dismounts are allowed.
- Single leg extended stunts are limited to liberties and liberty hitches.
- No running tumbling is allowed.
- Standing tumbling skills are limited to single skills.
- A kick/jump may be performed at any time during the routine.

Coach’s Name: _____

School/Organization: _____

Program:	Cheer	Song-Pom/Dance	Mascot	
Squad:	Varsity	Junior Varsity	Freshman	Junior High/Youth

Camp Location: _____ Camp Date: _____

5 = SUPERIOR 4 = EXCELLENT 3 = AVERAGE 2 = BELOW AVERAGE 1 = POOR

	5	4	3	2	1
USA Staff					
Head Instructor(s)					
Staff TeamMate(s)					
Camp Schedule/Flow					
USA Material (Cheers, Dance, Routines)					
Skills Based Classes (Stunts, Pyramids, Technique)					
Unity Games/Team Bonding					
Workshops (Ready Set Gold!, Captain’s Corner, Teammaker)					
Game Day Training					
Staff TeamMate Time					
Evaluation Prep/Material Review					
Evaluations/Camp Competitions					
Final Night Activity/Dance Party					
Recognition/Awards (Pin it Forward, Senior Spotlight, Spirit Awards)					
Coaches & Advisors Program					
Housing					
Food					

Additional Comments: _____

Please tear out this page, and return it to your Head Instructor before leaving camp.

HOW WAS CAMP?

Raving Fans (give a shout out to a USA Staff member who went above and beyond)

What was your favorite part of camp?

How can we improve to better your camp experience in 2025?

Rate your overall camp experience:

SUPERIOR	EXCELLENT	AVERAGE	BELOW AVERAGE	POOR
----------	-----------	---------	---------------	------

How likely are you to return to a USA camp in 2025?

VERY LIKELY	SOMEWHAT LIKELY	NOT SURE	SOMEWHAT UNLIKELY	VERY UNLIKELY
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Rate your overall satisfaction with the USA staff:

VERY SATISFIED	SATISFIED	NEUTRAL	UNSATISFIED	VERY UNSATISFIED
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Rate your overall satisfaction with the material:


VERY SATISFIED	SATISFIED	NEUTRAL	UNSATISFIED	VERY UNSATISFIED
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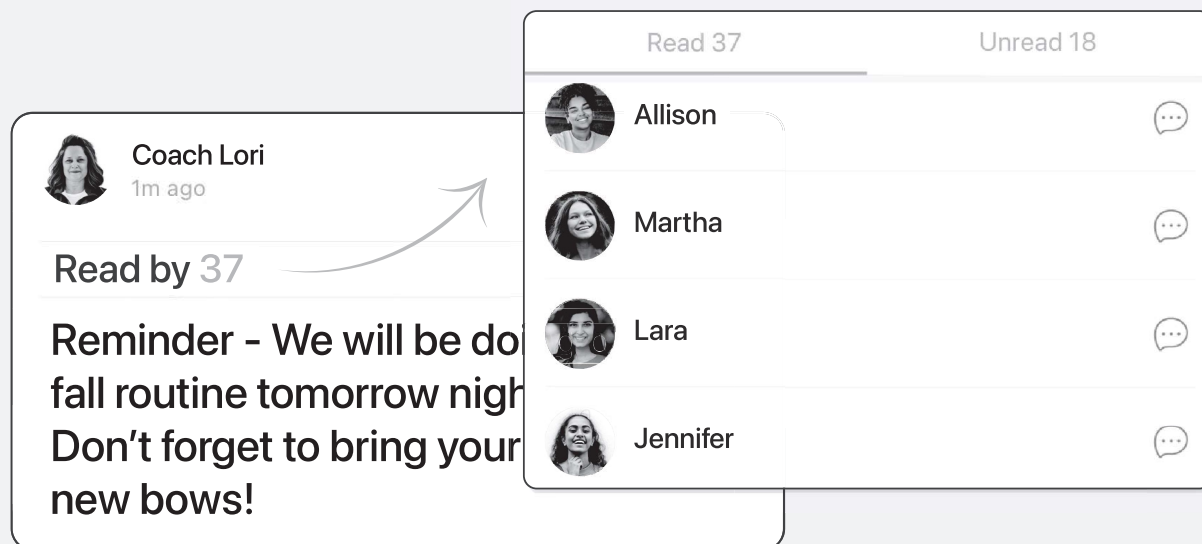
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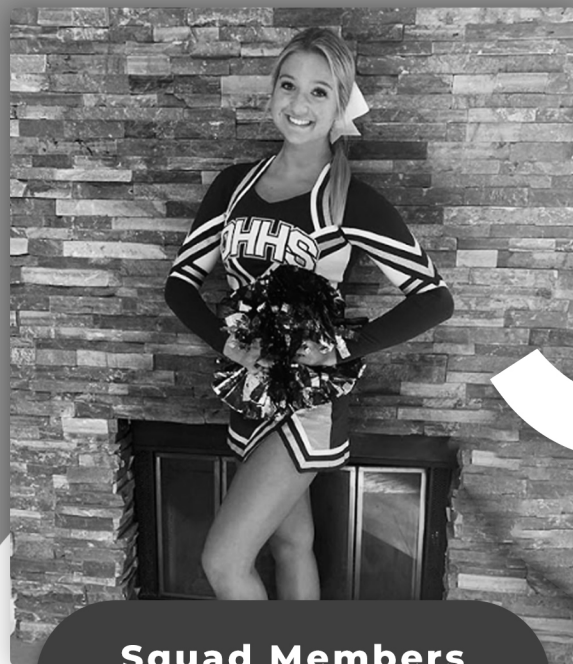
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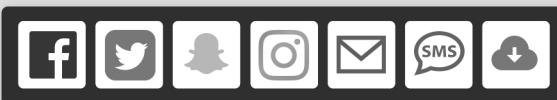
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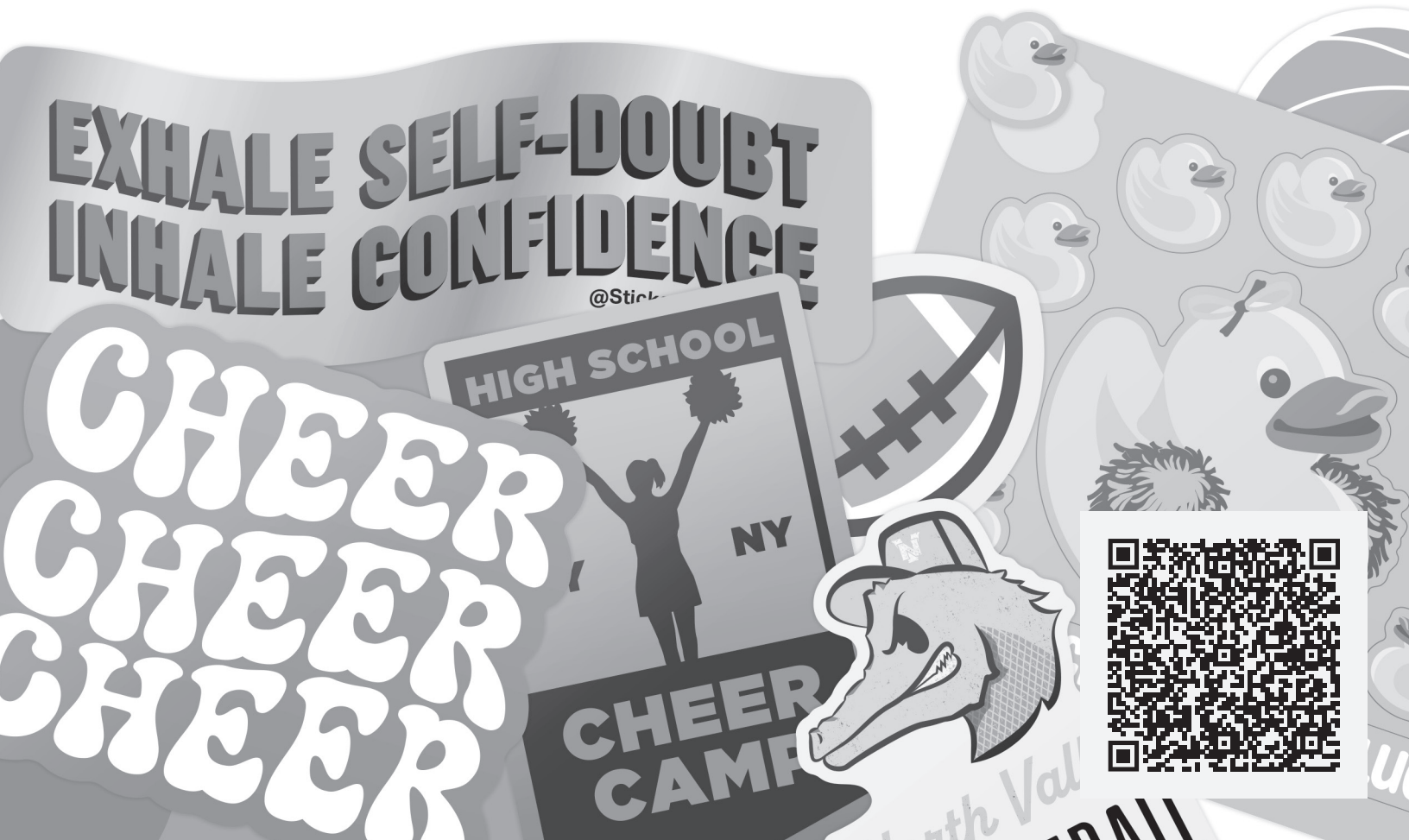
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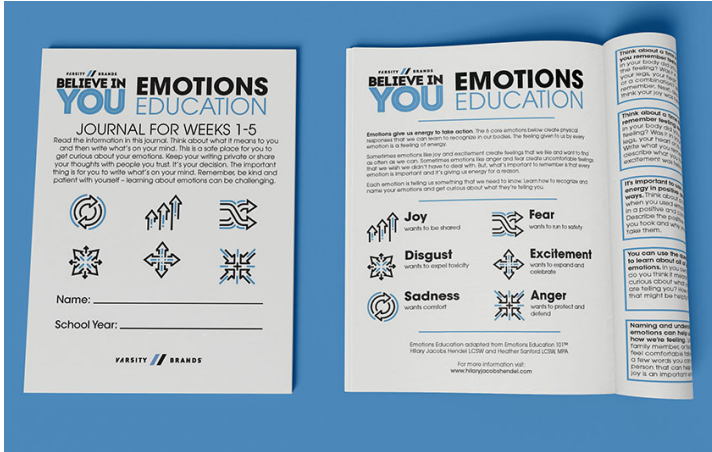
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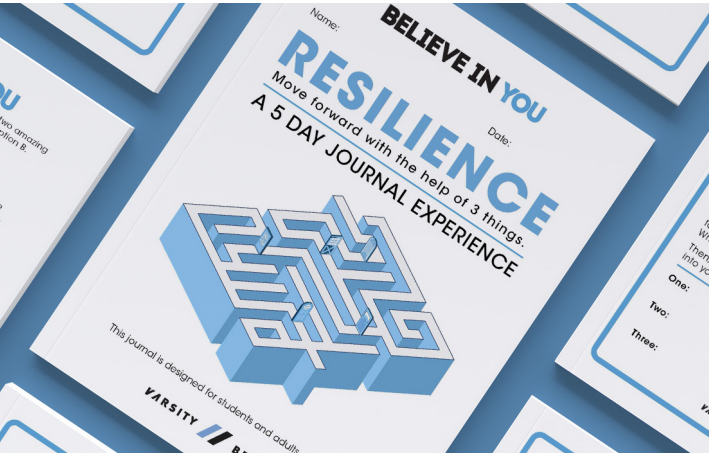


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CAMP NOTES

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CAMP NOTES

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