2025 Express Cheer Camp Schedule

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

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 T
1:30 pm	Coaches Welcome **Meet Your Staff TeamMate!** NFHS Credentialing Road Map
2:00 pm	Game Day Class (C) & Evaluation Demonstration T
3:00 pm	***Together* Time w/ Staff TeamMate:** Game Day Coaching T
3:30 pm	Safety Seminar (S) & Stunt Class
4:30 pm	**DINNER**
6:30 pm	Optional Fight Song Evaluation/ Home Routine Showcase T
7:30 pm	Coaches Goal Setting All-American Cheer
8:00 pm	Unity Games T
8:30 pm	Unity Routine (E) T
9:00 pm	Spirit Awards & All Camp Meeting T

DAY 2

7:00 am	***BREAKFAST**
8:30 am	Coaches Check-in & Camp Assessment Warm-ups & Unity Routine T
9:00 am	Stunt Class (A)
10:30 am	Group A – ***Together* Time w/ Staff TeamMate:** Game Day Coaching T Group B – Team Up for St. Jude (B)
11:00 am	Group A – Team Up for St. Jude (B) Group B – ***Together* Time w/ Staff TeamMate:** Game Day Coaching T
11:30 am	**LUNCH**
1:00 pm	Choose Your Challenge
2:00 pm	Group A – ***Together* Time w/ Staff TeamMate:** Pyramid Class Group B – *We Go(al) Together &* Leadership Activity (L)
3:00 pm	Group A – *We Go(al) Together &* Leadership Activity (L) Group B –***Together* Time w/ Staff TeamMate:** Pyramid Class
4:00 pm	Pin It Forward
4:30 pm	**DINNER**
6:30 pm	Class Yell (R) & *We Go Together* Rally T
7:00 pm	Spirit Awards & USA Dance Party T
7:30 pm	Free Time

DAY 3

7:00 am	***BREAKFAST**
8:30 am	Coaches Wrap-up Warm-ups & Unity Routine T
9:00 am	All-American Tryout
10:00 am	***Together* Time w/ Staff TeamMate:** Game Day Coaching T
10:30 am	Game Day Evaluation
11:30 am	NFHS Certificate Ceremony & TeamMaker T
12:00 pm	Pin It Forward & Senior Spotlight
12:30 pm	Closing Rally & Final Awards T
	LUNCH IS NOT PROVIDED

T Combo Classes

Friends and family are invited to camp on Day 3 beginning at 10:15 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.**