



2026 USA Elite Song/Pom Camp 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 Routine A Preview for Coaches & Captains
1:00 pm	Opening Rally & Warm-ups (R & S) T
1:30 pm	Coaches Welcome Meet your Staff TeamMate! NFHS Credentialing Road Map
2:00 pm	Team Routine (A)
3:30 pm	Pom Quarter Break Routine (R)
4:30 pm	DINNER
6:00 pm	Routine B Preview for Coaches & Captains
6:30 pm	Optional Fight Song and Showtime USA Evaluation T
7:30 pm	Coaches Goal Setting Performance Routine A1 (A)
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 Warm-ups & Unity Routine (S & E) T
9:00 am	Spirit Session w/ Staff TeamMate: Team Routine Coaching
10:00 am	Second Quarter Break Routine Session #1 (R)
10:30 am	Game Day Class (C) & Evaluation Demonstration T
11:30 am	LUNCH
1:00 pm	Coaches Camp Assessment Performance Routine B1
2:00 pm	Choose Your Challenge (A)
2:45 pm	Performance Routine A2
3:30 pm	Second Quarter Break Routine Session #2 (R)
4:00 pm	Pin It Forward & Spirit Awards T
4:30 pm	DINNER
6:30 pm	Free Time/Optional Open Practice

DAY 3

7:00 am	*BREAKFAST
8:30 am	Coaches Check-In/ Warm-ups & Unity Routine (S & E) T
9:00 am	Team Technique (S)
9:45 am	Performance Routine B2
10:30 am	<i>The Spirit In U Contract,</i> Leadership Activity (L), & Team Up for St. Jude (B)
11:00 am	Spirit Session w/ Staff TeamMate: Game Day Coaching T
11:30 am	LUNCH
1:00 pm	Performance Routine A & B Review & Evaluations
2:00 pm	Spirit Session w/ Staff TeamMate Game Day Coaching T
2:30 pm	Game Day Evaluation T
3:30 pm	All-American Audition (E)
4:30 pm	DINNER
6:30 pm	<i>Spirit Night/Class</i> Competition (R) T
7:00 pm	Spirit Awards & USA Dance Party T
7:30 pm	Free time

DAY 4

7:00 am	*BREAKFAST
8:30 am	Coaches Wrap Up Warm-ups & Unity Routine T
9:00 am	Spirit Session w/ Staff TeamMate Team Routine Coaching
9:30 am	Team Routine Evaluation (E)
10:30 am	Dance Star (E)
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 4 beginning at 9:15 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

