



# 2026 Express Cheer Camp Schedule

## DAY 1

9:00 am	Camp registration begins
	<b>LUNCH IS NOT PROVIDED</b>
12:00 pm	Camp registration ends
12:30 pm	Arrive to main meeting area
1:00 pm	Opening Rally & Warm-ups <b>¶</b>
1:30 pm	<b>Coaches Welcome</b> <b>Meet Your Staff TeamMate!</b> NFHS Credentialing Road Map
2:00 pm	Game Day Class (C) & Evaluation Demonstration <b>¶</b>
3:00 pm	<b>Spirit Session w/ Staff TeamMate:</b> Game Day Coaching
3:30 pm	Safety Seminar (S) & Stunt Class
4:30 pm	<b>DINNER</b>
6:30 pm	Optional Fight Song Evaluation/ Home Routine Showcase <b>¶</b>
7:30 pm	<b>Coaches Goal Setting</b> All-American Cheer
8:00 pm	Unity Games <b>¶</b>
8:30 pm	Unity Routine <b>¶</b>
9:00 pm	Spirit Awards & All Camp Meeting <b>¶</b>

## DAY 2

7:00 am	<b>*BREAKFAST</b>
8:30 am	<b>Coaches Check-in &amp; Camp Assessment</b> Warm-ups & Unity Routine <b>¶</b>
9:00 am	Stunt Class (A)
10:30 am	Spirit Raising Props
11:00 am	<b>Spirit Session w/ Staff TeamMate:</b> Game Day Coaching <b>¶</b>
11:30 am	<b>LUNCH</b>
1:00 pm	Choose Your Challenge
2:00 pm	Group A – <b>Spirit Session w/ Staff TeamMate:</b> Pyramid Class Group B – <b>Spirit DNA</b> , Leadership Activity (L), & Team Up for St. Jude (B)
	Group A – <b>Spirit DNA</b> , Leadership Activity (L), & Team Up for St. Jude (B) Group B – <b>Spirit Session w/ Staff TeamMate:</b> Pyramid Class
3:00 pm	Pin It Forward
4:00 pm	<b>DINNER</b>
4:30 pm	<b>Spirit Night/Class Competition (R)</b> <b>¶</b>
6:30 pm	Spirit Awards & USA Dance Party <b>¶</b>
7:00 pm	Free time
7:30 pm	

## DAY 3

7:00 am	<b>*BREAKFAST</b>
8:30 am	<b>Coaches Wrap-up</b> Warm-ups & Unity Routine <b>¶</b>
9:00 am	All-American Tryout
10:00 am	<b>Spirit Session w/ Staff TeamMate:</b> Game Day Coaching <b>¶</b>
10:30 am	Game Day Evaluation
11:30 am	NFHS Certificate Ceremony & TeamMaker <b>¶</b>
12:00 pm	Pin It Forward & Senior Spotlight
12:30 pm	Closing Rally & Final Awards <b>¶</b>
	<b>LUNCH IS NOT PROVIDED</b>
	<b>¶</b> 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.
	<b>*BREAKFAST is not included at certain Resort/Hotel camp locations. Refer to the camp information on the MyVarsity portal or contact your State Director.</b>

