



2026 Express Cheer 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
1:00 pm	Opening Rally & Warm-ups ¶
1:30 pm	Coaches Welcome Meet Your Staff TeamMate! NFHS Credentialing Road Map
2:00 pm	Game Day Class (C) & Evaluation Demonstration ¶
3:00 pm	Spirit Session w/ Staff TeamMate: Game Day Coaching
3:30 pm	Safety Seminar (S) & Stunt Class
4:30 pm	DINNER
6:30 pm	Optional Fight Song Evaluation/ Home Routine Showcase ¶
7:30 pm	Coaches Goal Setting All-American Cheer
8:00 pm	Unity Games ¶
8:30 pm	Unity Routine ¶
9:00 pm	Spirit Awards & All Camp Meeting ¶

DAY 2

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

DAY 3

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

