

DAY 1

12:00 pm	Meet Your Staff TeamMate! NFHS Credentialing Road Map
12:15 pm	Warm-ups
12:30 pm	Safety Seminar (S) & Stunt Class
1:30 pm	Game Day Class & All American Cheer
2:30 pm	Spirit Session w/ Staff TeamMate: Game Day Coaching
3:00 pm	BREAK
3:30 pm	Unity/Friday Night Lights Routine
4:30 pm	Pyramid Class
5:30 pm	Unity Games
6:00 pm	Spirit Session w/ Staff TeamMate: Material Review
6:30 pm	Spirit Awards & Dismiss

DAY 2

9:00 am	Warm-ups & Team Up for St. Jude (B)
9:30 am	Choose Your Challenge (E)
10:30 am	Stunt Class (A)
11:30 am	Spirit Session w/ Staff TeamMate: Material Review
12:00 pm	LUNCH
1:00 pm	<i>Spirit In U Contract & Leadership Activity (L)</i>
1:30 pm	Additional Stunt OR Pyramid Class
2:30 pm	Spirit Session w/ Staff TeamMate: Game Day Coaching
3:00 pm	Game Day Evaluation
3:30 pm	All-American Tryouts (R)
4:00 pm	Spirit Awards & Dismiss

DAY 3

9:00 am	Warm-ups & Jump Class
9:30 am	Choose Your Challenge
10:30 am	Stunt Class
11:30 am	Spirit Session w/ Staff TeamMate: CYC Custom Choreography
12:00 pm	LUNCH
1:00 pm	Spirit Session w/ Staff TeamMate: CYC Custom Choreography cont.
1:30 pm	Choose Your Challenge
2:30 pm	Additional Stunt OR Pyramid Class
3:30 pm	Spirit Session w/ Staff TeamMate: Material Review
4:00 pm	Spirit Awards & Dismiss

DAY 4

9:00 am	Warm-ups & Material Review
9:30 am	Stunt Class
10:30 am	Choose Your Challenge
11:30 am	Spirit Session w/ Staff TeamMate: Unity/FNL Routine Coaching
12:00 pm	LUNCH
1:00 pm	Additional Stunt OR Pyramid Class
2:00 pm	Spirit Session w/ Staff TeamMate: Unity/FNL Routine Coaching cont.
2:30 pm	Unity/FNL Routine Evaluation
3:00 pm	TeamMaker
3:30 pm	Final Material Review & Showcase
4:00 pm	Spirit Awards & Dismiss

- Choose Your Challenge Options:**
- Street Routine
 - Sideline Routine
 - Basket Toss Class
 - Single Base Stunt Class
 - Spirit Raising Props