



2026 USA Premier Resort 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)
1:30 pm	Coaches Welcome Meet your Staff TeamMate! NFHS Credentialing Road Map
2:00 pm	Pom Quarter Break Routine (R)
3:00 pm	Performance Routine A1 (A)
4:30 pm	DINNER
6:00 pm	Routine B Preview for Coaches & Captains
6:30 pm	Optional Fight Song and Showtime USA Evaluation
7:30 pm	Coaches Goal Setting Hip Hop Quarter Break Routine #1 (R)
8:00 pm	Unity Games
8:30 pm	Unity Routine (E)
9:00 pm	Spirit Awards & All Camp Meeting

DAY 2

7:00 am	* BREAKFAST
8:30 am	Coaches Check-in Warm-ups & Unity Routine (S & E)
9:00 am	Team Technique (S)
9:30 am	Performance Routine B1 (A)
10:30 am	Game Day Class (C) & Evaluation Demonstration
11:30 am	LUNCH
1:00 pm	Coaches Camp Assessment Performance Routine A2
2:00 pm	Hip Hop Quarter Break Routine #2 (R)
2:30pm	Jazz Quarter Break Routine #1 (R)
3:00 pm	Choose Your Challenge (A)
4:00 pm	Pin It Forward & Spirit Awards (B)
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)
9:00 am	Performance Routine B2
10:00 am	Jazz Quarter Break Routine #2 (R)
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
11:30 am	LUNCH
1:00 pm	All-American Tryouts (E)
2:00 pm	Spirit Session w/ Staff TeamMate: Game Day Coaching
2:30 pm	Game Day Evaluation
3:30 pm	Performance Routine Review
4:30 pm	DINNER
6:30 pm	<i>Spirit Night/Class Competition</i> (R)
7:00 pm	Spirit Awards & USA Dance Party
7:30 pm	Free Time

DAY 4

7:00 am	*BREAKFAST
8:30 am	Coaches Wrap-up Warm-ups & Unity Routine
9:00 am	Performance Routine A & B Evaluations (E)
10:00 am	Material Review for Closings
10:30 am	NFHS Certificate Ceremony & TeamMaker
11:00 am	Pin It Forward & Senior Spotlight
11:30 am	Closing Rally & Final Awards
	LUNCH IS NOT PROVIDED
	Combo Classes
	Friends and family are invited to camp on Day 4 beginning at 9:15 am.
	Day 4 will end at approximately 11:30 am 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.

