

# 2026 USA Premier Song/Pom Camp Schedule

## DAY 1

9:00am	Camp registration begins
	<b>LUNCH IS NOT PROVIDED</b>
12:00 pm	Camp registration ends
12:30 pm	Arrive to main meeting area <b>Routine A Preview for Coaches &amp; Captains</b>
1:00 pm	Opening Rally & Warm-ups (R & S) <b>TI</b>
1:30 pm	<b>Coaches Welcome</b> <b>Meet your Staff TeamMate!</b> NFHS Credentialing Road Map
2:00 pm	Pom Quarter Break Routine (A)
3:15 pm	Performance Routine A1 (A)
4:30 pm	<b>DINNER</b>
6:00 pm	<b>Routine B Preview for Coaches &amp; Captains</b>
6:30 pm	Optional Fight Song and Showtime USA Evaluation (E) <b>TI</b>
7:30 pm	<b>Coaches Goal Setting</b> Hip Hop Quarter Break Routine #1 (R)
8:00 pm	Unity Games <b>TI</b>
8:30pm	Unity Routine (E) <b>TI</b>
9:00 pm	Spirit Awards & All Camp Meeting (R)

## DAY 2

7:00 am	<b>* BREAKFAST</b>
8:30 am	<b>Coaches Check-in</b> Warm-ups & Unity Routine (S & E) <b>TI</b>
9:00 am	Team Technique (S)
9:30 am	Performance Routine B1 (A)
10:30 am	Game Day Class (C) & Evaluation Demonstration <b>TI</b>
11:30 am	<b>LUNCH</b>
1:00 pm	<b>Coaches Camp Assessment</b> Performance Routine A2
2:00 pm	Hip Hop Quarter Break Routine #2 (R)
2:30 pm	<i>Spirit In U Contract</i> , Leadership Activity (L), & Team Up for St. Jude (B)
3:00 pm	Choose Your Challenge (A)
4:00 pm	Pin It Forward (B)
4:30 pm	<b>DINNER</b>
6:30 pm	Performance Routine B2
7:30 pm	Jazz Quarter Break Routine (A)
8:30 pm	Spirit Awards (R)

## DAY 3

7:00 am	<b>* BREAKFAST</b>
8:30 am	<b>Coaches Check-in</b> Warm-ups & Unity Routine (S & E) <b>TI</b>
9:00 am	Technique (S)
9:45 am	Quarter Break Routine Evaluation
11:00 am	<b>Spirit Session w/ Staff TeamMate:</b> Game Day Coaching <b>TI</b>
11:30 am	<b>LUNCH</b>
1:00 pm	All-American Tryouts (E)
2:00 pm	<b>Spirit Session w/ Staff TeamMate:</b> Game Day Coaching <b>TI</b>
2:30 pm	Game Day Evaluation (E) <b>TI</b>
3:30 pm	Performance Routine Review
4:30 pm	<b>DINNER</b>
6:30 pm	<i>Spirit Night/Class Competition</i> (R) <b>TI</b>
7:00 pm	Spirit Awards & USA Dance Party <b>TI</b>
7:30 pm	Free Time

## DAY 4

7:00 am	<b>*BREAKFAST</b>
8:30 am	<b>Coaches Wrap-up</b> Warm-ups & Unity Routine (S & E) <b>TI</b>
9:00 am	Performance Routine A & B Evaluations (E)
10:00 am	Material Review for Closings
10:30 am	NFHS Certificate Ceremony & TeamMaker <b>TI</b>
11:00 am	Pin It Forward & Senior Spotlight <b>TI</b>
11:30 am	Closing Rally & Final Awards <b>TI</b>
	<b>LUNCH IS NOT PROVIDED</b>
	<b>TI</b> 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
	<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>