

DAY 1

12:00 pm	Meet Your Staff TeamMate! NFHS Credentialing Road Map
12:15 pm	Warm-ups
12:30 pm	All-American Cheer (C)
1:00 pm	Safety Seminar (S) & Stunt Class
2:30 pm	Unity/Friday Night Lights Routine
3:00 pm	BREAK
3:30 pm	Pyramid Class
4:30 pm	Spirit Session w/ Staff TeamMate: Custom Choreography
5:30 pm	<i>Spirit In U Contract & Leadership Activity (L)</i>
6:00 pm	Unity Games
6:30 pm	Spirit Awards & Dismiss

DAY 2

9:00 am	Warm-ups & Material Review
9:30 am	Stunt Class (A)
10:30 am	Choose Your Challenge 1 (E)
11:30 am	Spirit Session w/ Staff TeamMate: Unity/FNL Routine Coaching
12:00 pm	LUNCH
1:00 pm	Unity/FNL Routine Evaluation
1:30 pm	Stunt Class
2:30 pm	Team Up for St. Jude (B)
3:00 pm	All-American Tryouts (R)
3:30 pm	Material Review
4:00 pm	Spirit Awards & Dismiss

DAY 3

9:00 am	Warm-ups & Material Review
9:30 am	Choose Your Challenge 2
10:30 am	Stunt Class
11:30 am	Choose Your Challenge 3
12:00 pm	LUNCH
1:00 pm	Choose Your Challenge 3 cont.
1:30 pm	Stunt Class
2:30 pm	Choose Your Challenge 4
3:30 pm	Material Review
4:00 pm	Spirit Awards & Dismiss

Choose Your Challenge Options:

- Street Routine
- Sideline Routine
- Basket Toss Routine
- Single Base Stunt Class
- Spirit Raising Props