

## DAY 1

9:00 am	Camp registration begins
	<b>LUNCH IS NOT PROVIDED</b>
12:00 pm	Camp registration ends
12:30 pm	Arrive to main meeting area
1:00 pm	Opening Rally & Warm-ups <b>T</b>
1:30 pm	<b>Coaches Welcome</b> <b>Meet Your Staff TeamMate!</b> NFHS Credentialing Road Map
2:00 pm	USA Routine
2:30 pm	Safety Seminar (S) & Stunt Class
3:30 pm	<b>Spirit Session w/ Staff TeamMate:</b> Custom Choreography
4:30 pm	<b>DINNER</b>
6:30 pm	Optional Fight Song Evaluation/ Home Routine Showcase <b>T</b>
7:30 pm	<b>Coaches Goal Setting</b> All-American Cheer
8:00 pm	Unity Games <b>T</b>
8:30 pm	Unity Routine (E) <b>T</b>
9:00 pm	Spirit Awards & All Camp Meeting <b>T</b>

## DAY 2

7:00 am	<b>*BREAKFAST</b>
8:30 am	<b>Coaches Check-in &amp; Camp Assessment</b> Warm-ups & Unity Routine <b>T</b>
9:00 am	Spirit Raising Props
9:30 am	Choose Your Challenge 1(C) <ul style="list-style-type: none"> <li>○ Band Chant A &amp; Sideline Cheers</li> <li>○ Crowdgetters A &amp; B</li> <li>○ Hip Hop Dance</li> <li>○ Stunt Class</li> </ul>
10:30 am	Pyramid Class (A)
11:30 am	<b>LUNCH</b>
1:00 pm	<b>Spirit Session w/ Staff TeamMate:</b> USA Routine Coaching
2:00 pm	Choose Your Challenge 2 (R) <ul style="list-style-type: none"> <li>○ Band Chant B &amp; Basketball Cheers</li> <li>○ Fight Song</li> <li>○ Timeout Dance</li> <li>○ Stunt Class</li> </ul>
3:00 pm	<i>Spirit In U Contract</i> , Leadership Activity (L), Team Up for St. Jude (B), & Pin It Forward
3:30 pm	<i>Spirit Night/Class Competition</i> (R) <b>T</b>
4:00 pm	Spirit Awards & USA Dance Party <b>T</b>
4:30 pm	<b>DINNER</b>
6:30 pm	Free time/Optional open practice

## DAY 3

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