



As we continue our planning for the National School Spirit Championships, we'd like to share several important updates regarding scheduling, warm ups, and event operations. Please read this email in it's entirety.

WARM UP PROCESS

Fields 18 and 19 will be available for you to stretch and warm up prior to coming to your competition warm up venue.

Dance Team Warm Up (All Categories & Game Day)

- Station 1: Stretch Area
 - Dance Teams will have 7 minutes on 2 strips of marley.
 - No music is permitted in this area.

- Station 2: Full Marley Floor
 - Dance Teams will have an additional 7 minutes on a full floor (10-strip marley).
 - Music is allowed during this time.

Cheer Team Warm Up

- Performance and Game Day Divisions
 - Cheer teams for all divisions will have 12 minutes on a full floor (9-strip mat).

Spirit Program Warm Up

- Spirit Program divisions will have 12 minutes on a full floor. It will be set up based on the division performance surface.

Band Warm Up - *In efforts to reduce the sound in the warm up area*

- All groups may warm up outside on their own.
- Band and Game Day Live will have 12 minutes to warm up.
 - Warm up is confined to visual warm up while the bands are engaged in buzzing, air-playing, or singing.
 - If groups have an audio recording of their performance, they may play that.

New this year: To create more space and reduce congestion in the warm up area, each team may bring up to 8 coaches and support staff members into warm up. This limit includes all coaches, support staff, choreographers, athletic trainers, administrators, and any other non-athlete personnel. Team alternates do not count toward the 8-person limit: however, alternates must be in uniform or official team warm up gear to enter the warm up area. Only competing team members, uniformed athletes, and up to 8 coaches/support staff members may enter warm up. Reminder that those 8 must have a USA Cheer membership and wristband to enter.

REGISTRATION REMINDERS:

- Pricing will be available by the end of September with registration opening in October. More detailed information about registration will be shared soon!
- Registration for the National School Spirit Championships will be based off of your roster in MyVarsity. Please make sure information is up to date. To find more information and helpful resources on getting your roster set up in the New MyVarsity, [CLICK HERE!](#)
- Enrollment Verification is due October 1, 2026. If you have not done so already, please complete this form: [COMPLETE MY ENROLLMENT VERIFICATION](#)

BLOCK SCHEDULES

Divisions by Day and Event Block Schedules below are also available online for viewing.

[DI BLOCK SCHEDULE](#)

[DI DIVISIONS BY DAY](#)

[DII BLOCK SCHEDULE](#)

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