



2018 USA SPIRIT CAMP

CHEER EXPRESS SCHEDULE

DAY ONE		DAY TWO		DAY THREE	
	Commuter Participants: Camp begins at 8:00 am on Days 2-3 and ends at approx. 9:00 pm on Nights 1-2.	7:00	BREAKFAST	7:00	BREAKFAST
	<i>Lunch is not provided on Day 1. So please plan accordingly.</i>	8:15	Captains Meeting 2 (Team Up for St Jude)	8:15	Captains Meeting 3
		8:30	Warm-Ups/Camp Dance Material Review	8:30	Warm-Up Camp Dance Showcase
9:00	Camp Registration (9:00 am to 12:00 pm)	9:15	Coaches Meeting 2/ Camp Assessment Jump Technique Cheer Workshop 2 (Game-Action Cheers)	9:00	Coaches Meeting 3 Review Evaluation Prep
		10:00	Stunt Workshop 2 Gatorade Break	9:30	Band Chant/Situational Cheer Evaluation
1:30	<i>Please arrive to the main meeting area</i> Captains Meeting 1	11:00	Specialty Workshop 1*	10:30	Staff TeamMate Wrap Up
2:00	Opening Ceremonies	12:00	LUNCH	10:45	Specialty/Core Material Review
2:30	Coaches Meeting 1 Motion Technique/ Band Chant	2:00	All American Try-Outs Material Review	11:00	TeamMaker Workshop
3:00	(Group A) Cheer Workshop 1 (USA Routine) (Group B) Stunt Workshop 1	3:00	Stunt Workshop 3 (Pyramids)	11:30	Spirit Spectacular Pin It Forward Awards & Closing
4:00	(Group B) Cheer Workshop 1 (USA Routine) (Group A) Stunt Workshop 1	4:00	Evaluation Prep Staff TeamMate Wrap Up		<i>Camp should end at approx. 12:30 pm depending upon the size of the camp.</i>
5:00	DINNER	5:00	DINNER		
7:00	Fight Song Evaluation Coaches Goal Setting	6:30	Spirit Rally Super Hero Celebration Pin It Forward		*SPECIALTY WORKSHOP Please see Head Instructor for list of classes offered at your camp
8:00	GameTime 101 Workshop Camp Dance Staff TeamMate Wrap Up Spirit Awards	7:30	Spirit Awards Dance Party		
9:00	All Camp Meeting	8:00	Review/Practice or Free Time (Practice space available from 8:00 to 9:00)		

18C-11

ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Captains Meetings All-American TeamMaker Workshop Pin It Forward Team Up For St Jude	Warm-Ups Motion Technique Jump Technique Stunts/Pyramids Review/Practice	Game-Action Cheers GameTime 101 Specialty Workshop Band Chant/Situational Cheer Evaluation	Fight Song Evaluation Specialty Workshop USA Routine Camp Dance Showcase	Spirit Awards Spirit Rally Spirit Spectacular

