

# USA 2018 USA SPIRIT CAMP

## SONG/POM EXPRESS SCHEDULE

DAY ONE		DAY TWO		DAY THREE	
9:00	<p><b>Commuter Participants:</b> Camp begins at 8:00 am on Days 2-3 and ends at approx. 9:00 pm on Nights 1-2. ...</p> <p>Lunch is not provided on Day 1. So please plan accordingly.</p> <p>Camp Registration (9:00 am to 12:00 pm)</p>	7:00	BREAKFAST	7:00	BREAKFAST
		8:15	Captains Meeting 2	8:15	Captains Meeting 3
		8:30	Warm-Ups/Camp Dance Material Review	8:30	Warm-Ups Camp Dance Showcase
		9:00	Coaches Meeting 2/ Camp Assessment Game-Action Cheers Review Team Routine Review	9:00	Coaches Meeting 3 Review Evaluation Prep
		10:00	Routine A2 Gatorade Break	9:30	Band Chant/Situational Cheer Evaluation
1:30	Arrive at main meeting area Captains Meeting 1	11:00	Specialty Workshop *	10:30	Staff TeamMate Wrap Up
2:00	Opening Ceremonies	12:00	LUNCH	10:45	Routine A Showcase
2:30	Coaches Meeting 1 Motion Technique/Band Chant	2:00	Evaluation Prep Team Routine Evaluation	11:00	TeamMaker Workshop
3:00	Team Routine (Pom Sideline)	3:00	Evaluation Prep Team Routine Evaluation	11:30	Spirit Spectacular Pin It Forward Awards & Closing
4:00	Routine A1	4:00	Evaluation Prep with Cheer Staff TeamMate Wrap Up	Camp should end at approx. 12:30 pm depending upon the size of the camp.	
5:00	DINNER	5:00	DINNER	<p><b>* SPECIALTY WORKSHOP</b> Please see Head Instructor for list of classes offered at your camp</p>	
7:00	Showtime USA (Home Routine or Fight Song) Coaches Goal Setting Material Review	6:30	Spirit Rally Super Hero Celebration Pin It Forward		
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 pm to 9:00 pm)		

18-S11

### ROLES OF A SPIRITLEADER

AMBASSADOR	ATHLETE	CROWDLEADER	ENTERTAINER	SPIRIT RAISER
Captains Meeting All-American TeamMaker Workshop Pin It Forward Team Up For St Jude	Warm-Ups Pom/Motion Tech Review/Practice	Game-Action Cheers GameTime 101 Specialty Workshop Band Chant/Situational Cheer Evaluation	Showtime USA Eval Routine A Showcase Team Routine Eval Specialty Workshop Camp Dance	Spirit Awards Spirit Rally Spirit Spectacular