



2018 USA SPIRIT CAMP

SONG-POM YOUR WAY SCHEDULE

DAY ONE		DAY TWO		DAY THREE	
9:00	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	8:15	Captains Meeting 3
		8:30	Warm-Ups/Camp Dance	8:30	Warm-Up Camp Dance Showcase
	Camp Registration (9:00 am to 12:00 pm)	9:00	Coaches Meeting 2/ Camp Assessment Session 2A GameTime 101 Workshop All American Review Gatorade Break	9:00	Coaches Meeting 3 Final Review/Cleaning
1:30	<i>Please arrive to the main meeting area</i> Routine Preview (Coaches) Captains Meeting 1	10:00		9:30	Routine Showcase/Evaluation (Fight Song and/or <u>ONE</u> USA Routine)
		11:00	Session 2B	10:30	Staff TeamMate Wrap Up
2:00	Opening Ceremonies	12:00	LUNCH	11:00	TeamMaker Workshop
2:30	Coaches Meeting 1 Pom & Dance Technique	2:00	All American Try-Outs Review/Cleaning	11:30	Spirit Spectacular Pin It Forward Awards & Closing
3:00	Session 1A	3:00	Session 3A		
4:00	Session 1B	4:00	Session 3B 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		*SPECIALTY WORKSHOP Please see Head Instructor for list of classes offered at your camp
7:00	Review/Cleaning Coaches Goal Setting	6:30	Spirit Rally Super Hero Celebration Pin It Forward		
8:00	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)		

Select 1 option per team for each session

- Session 1A Options:**
USA Routine #1 (Hour 1)
Funky Sideline "Took The Night"
Pom Sideline /All-American Routine -"Finesse"
Technique: BEG/INT/ADV
- Session 1B Options:**
Funky Sideline "Took The Night"
Pom Sideline /All-American Routine -"Finesse"
Game-Action Cheers

- Session 2A Options:**
USA Routine #1 (Hour 2)
Turns/Leaps/Specialties
Pom Technique
Band Chants
Game-Action Cheers
- Session 2B Options:**
USA Routine #2 (Hour 1)
Funky Sideline "Took The Night"
Game-Action Cheers
Technique: BEG/INT/ADV

- Session 3A Options:**
Funky Sideline "Took The Night"
Band Chants
Song Pom Fillers
Turns/Leaps/Specialties
Time-Out Routine
- Session 3B Options:**
USA Routine #2 (Hour 2)
Time-Out Routine
Song/Pom Fillers
Technique: BEG/INT/ADV
Band Chants



18S-18

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 Session Workshops Pom & Dance Tech Review/Practice	Game-Action Cheers GameTime 101 Session Workshops Showcase/Evaluation	Fight Song Evaluation Showcase/Evaluation Session Workshops Camp Dance Showcase	Spirit Awards Spirit Rally Spirit Spectacular



CLASS DESCRIPTIONS

USA Routine

Routines that are appropriate for half-time performances, time-outs, rally performances and other school events. Styles offered may include: pom, hip hop, jazz and novelty. Various levels are available (all level, level 1, level 2 and level 3). See USA Routine list below to make your selections. One full routine will take 2 hours of instruction. For USA Routine options, you must take the routine for 2 hours (Hour 1 and Hour 2). You may select 1 routine, per instructor for each USA Routine Class. Indicate session for the routine to be taught by selecting sessions 1A/2A or 2B/3B.

USA ROUTINE LIST

Pom/Dance Routine	Level 3 - "Instruction"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B
Hip Hop Routine	Level 3 - "Lemon"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B
Jazz Rally Routine	Level 2 - "Woman Power Mix"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B
Hip Hop Rally Routine	Level 2 - "Poison"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B
Pom Routine	All Level - "No Excuses"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B

Funky Sideline

Approximately eight 8 counts of funk-type choreography to music that repeats. Can be performed during time-outs, quarter breaks or at rallies. Sideline can be put to different music with the same style.

Pom Sideline

Approximately eight 8 counts of of straight arm pom moves to music that repeats. Can be performed during time-outs, quarter breaks or at rallies. Sideline can be put to different music with the same style. **NOTE: This routine will be used for the All-American tryout and must be selected on Day 1 if you have team members that are interested in participating in the All-American Tryout process.**

Game-Action Cheers (Sidelines)

Designed for football and basketball use. These can be performed sitting on the floor, in the stands, or standing on the sidelines. Short offensive, defensive, or general cheers that are typically one 8 count long that repeat. Usually performed in between plays.

Band Chants

Cheer/Dance moves set to short, traditional pieces of music that most bands play. Used both as a performance and a way to get the crowd cheering for the team. Moves can be incorporated into other selections other than band arrangements.

Time-Out Routine

A short routine of 4 - 6 eight counts that repeat. Perfect for a time-out at a game. We offer various styles and levels.

Song/Pom Fillers

Four 8 counts of choreography that repeat and can be performed to different pieces of music. Fillers can be used on the sidelines when the band is playing or to any song during a time-out.

Pom Technique

Work on proper execution of pom motions, strength and sharpness.

Technique

Work on proper execution of turns, kicks, leaps, etc. Class levels offered: Beginning, Intermediate and Advanced.

Turns/Leaps/Specialties

Work on specialty leaps, jumps, turns and other specialty skills/tricks. Teams may request specific skills to focus on.

SHOWCASE/EVALUATION

Each team has the option of being evaluated on a fight song and/or one USA routine that they learned while at camp. If you choose not to evaluate you may Showcase a session selection, however this takes your team out of the running for potential awards on the last day of camp.