

	DAY 1	DAY 2	DAY 3	DAY 4
7:00		Breakfast is not included		
8:15		Captains' Huddle Morning Warm-Ups	Captains' Huddle Morning Warm-Ups	Captains' Huddle (8:30) Morning Warm-Ups
9:00		A Session 2A	A Session 3B	A Final Review/Cleaning Evaluation Prep
10:00	Camp Registration (9:00 - 12:00) (Lunch will not be provided on Day 1)	GameTime 101 Workshop (Gatorade Break) (Team Up For St Jude)	Review/Cleaning	Routine Showcase/Evaluation (Home Routine and/or USA Material) Staff TeamMate Wrap Up
11:00		Session 2B	All-American Tryouts	TeamMaker Workshop
12:00	Please arrive at main mtg. area by 1:30 Captains' Huddle	Lunch	Lunch	(11:30) Camp Dance Showcase & Spirit Spectacular Awards & Closing
2:30	(2:00) Opening Ceremonies Pom & Dance Technique	Review Material for All-American Tryout (Optional)	Review/Cleaning	
3:00	A Session 1A	Review/Cleaning	Team Up For St Jude & Evaluation Prep	A = Advisors'/Coaches' Workshop
4:00	Session 1B	Session 3A	Evaluation Prep cont.	🚗 = Commuter Participants (Please arrive by 12:00 pm on Day 1 to register. Camp begins at 8:15 am on Days 2-4 and ends at approx. 9:00 pm on Night 1 and 7:30 pm on Nights 2-3.)
5:00	Dinner	Dinner	Dinner	
6:30	(7:00) Review/Cleaning	All-American Review Pin It Forward Spirit Awards & Staff TeamMate Wrap Up	Spirit Rally Pin It Forward Spirit Awards & Staff TeamMate Wrap Up	
8:00	Unity Workshop Strong As One! (Camp Dance) & Staff TeamMate Wrap Up	(7:30) Free Time	(7:30) Free Time	
9:00	All Camp Meeting			



17S17

ROLES OF A SPIRITLEADER

AMBASSADOR

Unity Workshop
Pin It Forward
All Camp Meeting
All-American
TeamMaker Workshop

ATHLETE

Warm-Ups
Session Workshops
Review/Practice

CROWDLEADER

GameTime 101
Session Workshops
Evaluations

ENTERTAINER

Evaluations
Session Workshops
Camp Dance

SPIRIT RAISER

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/Danc Routine	Level 3 - "Rockabye"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B
Hip Hop Routine	Level 3 - "Just Girly Things"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B
Jazz Rally Routine	Level 2 - "Latin Mix"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B
Hip Hop Rally Routine	Level 2 - "Get Ur Freak On"	<input type="checkbox"/>	1A/2A	<input type="checkbox"/>	2B/3B
Pom Routine	All Level - "Perm"	<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 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.

Music (Band) Cheers/Fight Song

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.

CLASS OPTIONS

Session 1A Options:

- USA Routine #1 (Hour 1)*
- Funky Sideline "Squat"
- Pom Sideline/All-American Routine "Dance Like Yo Daddy"
- Technique: BEG/INT/ADV

Session 1B Options:

- Funky Sideline "Squat"
- Pom Sideline/All-American Routine "Dance Like Yo Daddy"
- Game-Action Cheers
- Technique: BEG/INT/ADV
- Turns/Leaps/Specialties

Session 2A Options:

- USA Routine #1 (Hour 2)*
- Turns/Leaps/Specialties
- Pom Technique
- Time-Out Routine
- Music Cheers/Fight Song
- Game Action Cheers

Session 2B Options:

- USA Routine #2 (Hour 1*)
- Funky Sideline "Song TBA"
- Game-Action Cheers
- Turns/Leaps/Specialties
- Technique: BEG/INT/ADV

Session 3A Options:

- Funky Sideline "Squat"
- Music Cheers/Fight Song
- Song/Pom Fillers
- Turns/Leaps/Specialties
- Time-Out Pattern

Session 3B Options:

- USA Routine #2 (Hour 2)*
- Time-Out Routine
- Song/Pom Fillers
- Turns/Leaps/Specialties
- Music Cheers/Fight Song