



# U.S. Spiritleaders Camp Schedule

## Day 1

### General Info Cheer & Mascot Schedule

### Dance Schedule

All Class Times are approximate / Sessions will be separated by Water and Sunscreen Breaks

12:00 - 2:00	<b>Registration</b> (Please to not show up prior to noon)	
2:45 - 3:00	<b>Coaches Orientation</b>	<b>Coaches Orientation</b>
3:00 - 3:45	<b>Introduction of Camp Directors And Support Staff</b> <b>Opening Ceremonies Buddy Squad / Staff Intros.</b> Warm-Up / Technique Review	<b>Opening Ceremonies</b>
3:45 - 4:00	<b>School Sideline Cheer #1 Mascot Sideline #1</b> <b>Sideline Stunt Cheer Routine or Dance</b>	<b>School Pom Sideline Cheer # 1</b> <b>Sideline Stunt Dance / Unity Sideline Dance</b>
4:00 - 4:45	<b>Unity Cheer / Mascot Music Cheer</b>	<b>Funky Sideline Dance / Unity Cheer Dance</b>
4:45 - 5:00	<b>Motion Technique Evaluation</b>	<b>Motion Technique Evaluation</b>
5:00 - 6:30	<b>Dinner</b>	
6:45 - 7:00	<b>Rally Beats / Co Ed Partner Stunting</b> (Rally Beats is Mascot Routine #1)	<b>Rally Beats</b>
7:00 - 8:30	<b>Basket Toss Technique, Routine, and Dance</b> Mascot Routine # 2 (Creativity Workshop) (Creating a routine with the Mascot Staff)	<b>Camp Dance Session #1</b>
8:30 - 8:45	<b>Camp Orientation</b>	<b>Camp Orientation</b>
8:45 - 9:00	Return To Dorms & Hotels / Commuters Dismissed	

## Day 2

### General Info Cheer & Mascot Schedule

### Dance Schedule

All Class Times are approximate / Sessions will be separated by Water and Sunscreen Breaks

7:00 - 8:30	Breakfast	
8:45 - 9:00	<b>Morning Warm-Up / Rally Beats</b>	<b>Morning Warm-Up / Rally Beats</b>
9:00 - 9:45	<b>Review Day 1 Material</b>	<b>Review Day 1 Material</b>
9:45 - 10:00	Break	
10:00 - 11:00	<b>Cheer Dance /Co Ed Partner Stunts / Rally Cheer</b> <b>All Girl Stunt Routine / Mascot Routine # 3</b>	<b>Dance Routines A1 / Cheer Cross Over A1</b>
11:00 - 12:00	<b>Partner Stunt Routine / Partner Stunts / Go Cheer</b> <b>Funky Cheer Sideline Dance / Mascot # 3 Contin.</b>	<b>Dance Routines B1 / Cheer Cross Over B1</b>
12:00 - 2:30	Lunch / Free Time / Practice	
2:45 - 3:00	<b>School Sideline Cheer #2 / Mascot Sideline #2</b> <b>Sideline Stunt Cheer Routine Continued</b>	<b>School Pom Sideline Cheer #2</b> <b>Sideline Stunt Dance / Unity Sideline Dance</b>
3:00 - 4:00	<b>"I Wish" Electives</b> <b>Coaches Meeting / Pick Up Camp CD</b>	<b>"I Wish" Electives</b>
4:00 - 5:00	<b>Partner Stunts / Pyramid Routine</b> Mascot Routine # 2 Continued	<b>Sideline Dance #2</b> <b>Dance Technique (Beg./ Int. / Adv.)</b>
5:00 - 6:00	Dinner	
6:45 - 7:15	<b>Jump Technique &amp; Stretch</b> Mascots May Attend Jump Classes	<b>Kickline Combination or Jump Technique</b>
7:15 - 8:30	<b>Jump &amp; Standing Tumbling Routines / Sideline</b> Mascot Routine # 2 (Creativity Workshop)	<b>Camp Dance Session #2</b>
9:00 - 9:30	<b>Spirit Stomp / Themed Costumes</b> <b>Spirit Sticks / Coach &amp; Staff Mixer</b>	<b>Spirit Stomp</b>
9:30 - 9:45	Return To Dorms & Hotels / Commuters Dismissed	



# U.S. Spiritleaders Camp Schedule

## Day 3

### General Info Cheer & Mascot Schedule

### Dance Schedule

All Class Times are approximate / Sessions will be separated by Water and Sunscreen Breaks

7:00 - 8:30	Breakfast	
8:45 - 9:00	<b>Morning Warm-Up / Rally Beats</b>	<b>Morning Warm-Up / Rally Beats</b>
9:00 - 9:45	<b>Review Day 1 &amp; Day 2 Material</b>	<b>Review Day 1 &amp; Day 2 Material</b>
9:45 - 10:00	Break	
10:00 - 11:00	<b>Cheer Dance 2 / Co Ed Partner Stunts / Rally Cheer All Girl Stunt Routine / Mascot Routine # 3</b>	<b>Dance Routines A2 / Cheer Cross Over A2</b>
11:00 - 12:00	<b>Partner Stunt Routine 2 / Partner Stunts / Go Cheer Funky Cheer Sideline Dance 2 / Mascot Routine # 3</b>	<b>Dance Routines B2 / Cheer Cross Over B2</b>
12:00 - 2:30	Lunch / Free Time / Practice	
2:45 - 3:00	<b>School Sideline Cheer #3 Mascot Sidelines Sideline Stunt Cheer Routine Continued</b>	<b>School Pom Sideline Cheer #3 All-Star Jazz Dance Continued</b>
3:00 - 4:00	<b>Partner Stunts / Pyramid Routine Continued Mascot Routine # 2 (Creativity Workshop)</b>	<b>Sideline Dance &amp; Camp Dance Review</b>
4:00 - 5:00	<b>Spirit Evaluation and Private Coaching for Performance Evaluation</b> (Spirit Evaluation: Teams will be coached and evaluated on their Game Spirit Techniques. Performance Evaluation: All School Squads must do one Sideline Cheer plus one Routine excluding the Elective Dances. All-Star Teams may perform any Routine except for Elective Dances.)	
5:00 - 6:00	Dinner	
6:00 - 6:45	<b>Evaluation Night Preparations</b>	
6:45 - 8:30	<b>Buddy Squad Pictures / Practice / Main Controller Review / Evaluation For All Teams</b>	
9:00 - 10:00	<b>Rally / Pizza Night / Spirit Sticks / Poster, &amp; Room Contest Judging Will Take Place After The Rally</b>	
10:00 - 10:15	Return To Dorms & Hotels / Commuters Dismissed	

## Day 4

### General Info Cheer & Mascot Schedule

### Dance Schedule

All Class Times are approximate / Sessions will be separated by Water and Sunscreen Breaks

7:00 - 8:30	Breakfast (Hotel Delivery of Luggage to University)	
8:45 - 9:15	<b>Morning Warm-Up / Rally Beats</b>	<b>Morning Warm-Up / Rally Beats</b>
9:30 - 10:00	<b>Review Sidelines, All-Star Stunt &amp; Unity Cheer Review Basket Toss / Mascot Sidelines</b>	<b>Review Cheers, Sideline &amp; All-Star Dances</b>
10:00 - 10:30	<b>Review Pyramid, Jump &amp; Tumbling Routine Mascot Review / Cheer Dance Sideline Review</b>	<b>Review Camp Dance</b>
10:30 - 11:00	<b>Review Cheer Dance, Partner Stunts, Rally Cheer Mascot Review</b>	<b>Review A Dance Routines</b>
11:00 - 11:30	<b>Review Partner Stunt Routine / Review Go Cheer Review Funky Cheer Sideline Dance</b>	<b>Review B Dance Routines</b>
11:30 - 12:30	Lunch / Packing & Room Clean-Up <b>Home Routine Practice</b>	<b>Home Routine Practice</b>
1:00 - 3:00	<b>Spirit Spectacular &amp; Camp Material Evaluation / Optional Home Routine Performances Selected Mascot Material To Be Performed / All-Star Contests / Final Awards</b>	
3:00 - 4:00	Check-Out & Room Inspection	