



U.S. Spiritleaders Camp Schedule

General Info Cheer & Mascot Schedule

Dance Schedule

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

Day 1

12:00 - 2:00	Registration (Please to not show up prior to noon)	
2:45 - 3:00	Coaches Orientation	Coaches Orientation
3:00 - 3:45	Introduction of Camp Directors And Support Staff Opening Ceremonies Buddy Squad / Staff Intros. Warm-Up / Technique Review	Opening Ceremonies
3:45 - 4:00	Unity Cheer and Game ReAction	Unity Cheer, Funky Sideline, Game ReAction
4:00 - 4:45	Unity Cheer Contin. / Mascot Music Cheer	Contin. Funky Sideline Dance / Unity Cheer
4:45 - 5:00	Motion Technique Evaluation	Motion Technique Evaluation
5:00 - 6:30	Dinner	
6:45 - 7:00	Teams Report to Field Mascot Routine	
7:00 - 8:30	Basket Toss Technique and Routine Mascot Routine # 2 (Creativity Workshop) (Creating a routine with the Mascot Staff)	Camp Dance Session #1
8:30 - 8:45	Camp Orientation	Camp Orientation
8:45 - 9:00	Return To Dorms & Hotels / Commuters Dismissed	

Day 2

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Dance Schedule

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



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Day 3

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7:00 - 8:30	Breakfast	
8:45 - 9:00	Morning Warm-Up	
9:00 - 9:45	Review Day 1 & Day 2 Material	Review Day 1 & Day 2 Material
9:45 - 10:00	Break	
10:00 - 11:00	A Electives Contin.	A Electives Contin.
11:00 - 12:00	B Electives Contin.	B Electives Contin.
12:00 - 2:30	Lunch / Free Time / Practice	
2:45 - 3:00	Pyramid Class Contin.	Kickline, Rally Sideline, Camp Dance Review
3:00 - 4:00	Pyramid Class Contin. Mascot Routine # 2 (Creativity Workshop)	Camp Dance Review
4:00 - 5:00	Spirit Evaluation and Private Coaching for Performance Evaluation (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	Evaluation Night Preparations	
6:45 - 8:30	Buddy Squad Pictures / Practice / Main Controller Review / Evaluation For All Teams	
9:00 - 10:00	Rally / Pizza Night / Spirit Sticks / Poster, & Room Contest Judging Will Take Place After The Rally	
10:00 - 10:15	Return To Dorms & Hotels / Commuters Dismissed	

Day 4

General Info Cheer & Mascot Schedule

Dance Schedule

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