



# U.S. Spiritleaders Camp Schedule

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

## Day 1

### Cheer & Mascot Schedule

### Dance Schedule

8:30 - 9:30	Registration at Next Level Sports Center	Registration at Next Level Sport Center
9:30 - 10:00	Coaches Orientation / Camp Music Buddy Squad / Team Cheer and Warm Up	Coaches Orientation / Camp Music Buddy Squad / Team Cheer and Warm Up
10:00 - 10:30	Opening Introductions and Camp Game ReAction	Opening Intros and Camp Game ReAction
10:30 - 11:30	Unity Cheer and Stunt Technique	Unity Cheer Dance and Funky Sideline
11:30 - 12:30	Basket Toss Routine and Basket Toss Technique Mascot Routine #1	Camp Dance
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12:30 - 2:30	Lunch	Lunch
2:30 - 3:30	<b>A Hour Electives</b> Cheer Dance / Pyramid A / All Girl-CoEd Stunting Mascot Routine #2 A and B Hours	A Hour Dance Electives
3:30 - 4:30	<b>B Hour Electives</b> Funky Cheer Dance/Pyramid B/ Partner Stunt Routine	B Hour Dance Electives
5:00 - 6:00	Dinner	Dinner
6:00 - 7:00	Pyramid Routine Mascot Routine #1	Camp Dance Pt. 2
7:00 - 7:30	Team Bonding, Team Meetings, Spirit Sticks	Team Bonding, Team Meetings, Spirit Sticks
7:30 - 8:00	Leave for Hotels	Leave for Hotels

## Day 2

### Cheer & Mascot Schedule

### Dance Schedule

7:30 - 8:30	Bus Pick Up and Breakfast	Bus Pick Up and Breakfast
9:00 - 9:30	Morning Warm-Up	Morning Warm-Up
10:00 - 10:30	Review Day 1	Review Day 1
10:30 - 11:30	A Hour Contin.	A Hour Contin.
11:30 - 12:30	B Hour Contin.	B Hour Contin.
12:30 - 2:30	Lunch	Lunch
2:30 - 3:00	Stretch and Jump Technique Class	Stretch and KickLine
3:00 - 4:00	<b>C Hour "I Wish Electives"</b> Making Spirit Class, Partner Stunt Technique Twist Cradles and Basket Toss Technique, Jumps	C Hour "I Wish Electives" Technique and Kickline, DanceLifts, , Dance Turns, Dance Tricks
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4:00 - 5:00	Private Coaching for Evaluation	Private Coaching for Evaluation
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5:00 - 6:30	Dinner	Dinner
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6:30 - 7:00	Team Photos and Evaluation Warm Up	Team Photos and Evaluation Warm Up
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7:00 - 8:00	Evaluation	Evaluation
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8:00 - 9:30	Spirit Stomp Pizza Rally Night / Spirit Sticks	Spirit Stomp Pizza Rally Night / Spirit Sticks
9:30 - 10:00	Leave for Hotels	Leave for Hotels