2024 Express Cheer Camp Schedule

NFHS KEY: C – Crowd Leader B – Ambassador R – Spirit Raiser S – Safety A – Athlete E – Entertainer L – Leadership

DAY 1

9:00 am	Camp registration begins
	LUNCH IS NOT PROVIDED
12:00 pm	Camp registration ends
12:30 pm	Arrive to main meeting area
1:00 pm	Opening Rally & Warm-ups
1:30 pm	Coaches Welcome NFHS Credentialing Intro & Game Day Material
2:30 pm	Staff TeamMate Time: Meet your Staff TeamMate & Game Day Coaching (E)
3:30 pm	Stunt Introduction (S) & Stunt Class
4:30 pm	**DINNER**
6:30 pm	Fight Song Evaluation/ Home Routine Showcase
7:30 pm	Coaches Goal Setting All-American Cheer
8:00 pm	Unity Routine
8:30 pm	Gold Games & Spirit Awards
9:00 pm	All Camp Meeting

DAY 2

7:00 am	***BREAKFAST**
8:30 am	Coaches Check-in & Camp Assessment Warm-ups & Unity Routine
9:00 am	Stunt Class (A)
10:30 am	Ready, Set, Gold! (R)
11:00 am	Staff TeamMate Time: Game Day Evaluation Demonstration & Game Day Coaching
11:30 am	**LUNCH**
1:00 pm	Choose Your Challenge & Captain's Corner (L)
2:00 pm	Group A – Pyramid Class Group B – Gold Standard Game Day (C)
3:00 pm	Group A – Gold Standard Game Day (C) Group B – Pyramid Class
4:00 pm	Team Up for St. Jude (B) & Pin It Forward
4:30 pm	**DINNER**
6:30 pm	Go For Gold Rally & Spirit Awards
7:00 pm	USA Dance Party
7:30 pm	Free Time

DAY 3

7:00 am	***BREAKFAST**
8:30 am	Coaches Wrap-up Warm-ups & Unity Routine
9:00 am	Staff TeamMate Time: Game Day Coaching
9:30 am	Game Day Evaluation
10:30 am	All-American Tryouts
11:30 am	TeamMaker, Senior Spotlight & Pin It Forward
12:00 pm	Closing Rally & Final Awards
	LUNCH IS NOT PROVIDED

Friends and family are invited to camp on Day 3 beginning at 9:15 am

Day 3 will end at approximately 12:30 pm depending on the camp size

Class times and offerings may vary by camp location

***BREAKFAST is not included at certain Resort/Hotel camp locations. Refer to the camp information on the MyVarsity portal or contact your State Director to inquire about a specific location.**