t association united spirit association unit



## 2025 Home Camp Schedule

S-Safety

A-Athlete

DAY 1	

NFHS KEY: C-Crowd Leader

12:00 pm	Meet Your Staff TeamMate(s)! NFHS Credentialing Road Map
12:15 pm	Warm-ups
12:30 pm	Stunt Seminar (S) & Stunt Class
1:30 pm	Game Day Class & All-American Cheer
2:30 pm	Together Time w/ Staff TeamMate: Game Day Coaching
3:00 pm	BREAK
3:30 pm	USA/Friday Night Lights Routine
4:30 pm	Pyramid Class
5:30 pm	Unity Games
6:00 pm	Together Time w/ Staff TeamMate: Material Review
6:30 pm	Spirit Awards & Dismiss

	DAY 2
9:00 am	Warm-ups & Team Up For St.

R- Spirit Raiser

**B-Ambassador** 

9:00 am	Warm-ups & Team Up For St. Jude (B)
9:30 am	Unity Routine OR Choose Your Challenge (E)
10:30 am	Stunt Class (A)
11:30 am	Together Time w/ Staff TeamMate: Game Day Coaching (C)
12:00 pm	LUNCH
1:00 pm	We Go(al) Together & Leadership Activity (L)
1:30 pm	Addt'l Stunt OR Pyramid Class
2:30 pm	Together Time w/ Staff TeamMate: Material Review
3:00 pm	Game Day Evaluation
3:30 pm	All-American Tryouts (R)
4:00 pm	Spirit Awards & Dismiss

## DAY 3

L-Leadership

E-Entertainer

9:00 am	Warm-ups & Jump Class
9:30 am	Choose Your Challenge
10:30 am	Stunt Class
11:30 am	Together Time w/ Staff TeamMate: Custom Choreography
12:00 pm	LUNCH
1:00 pm	Together Time w/ Staff TeamMate: Custom Choreography cont.
1:30 pm	Choose Your Challenge
2:30 pm	Addt'l Stunt OR Pyramid Class
3:30 pm	Together Time w/ Staff TeamMate: Material Review
4:00 pm	Spirit Awards & Dismiss

Choose Your Challenge Options:

- ☐ Timeout Dance
- ☐ Hip Hop Dance
- □ Basket Toss Class
- ☐ Single Base Stunt Class