t association united spirit association unit



## 2025 Home Camp Schedule

NFHS KEY: C - Crowd Leader B - Ambassador R - Spirit Raiser S - Safety A - Athlete E – Entertainer L – Leadership DAY 1 DAY 3 DAY 2 DAY 4 12:00 pm Meet Your Staff TeamMate(s)! 9:00 am Warm-ups & 9:00 am Warm-ups & Jump Class 9:00 am Warm-ups & Material Review NFHS Credentialing Road Map Team Up For St. Jude (B) 9:30 am Choose Your Challenge 9:30 am Stunt Class 12:15 pm 9:30 am Unity Routine OR Warm-ups Choose Your Challenge (E) 10:30 am Stunt Class 10:30 am Choose Your Challenge 12:30 pm Stunt Seminar (S) & Stunt Class 10:30 am 11:30 am Stunt Class (A) 11:30 am Together Time w/ Staff TeamMate: Together Time w/ Staff TeamMate: 1:30 pm Game Day Class & **Custom Choreography** USA/FNL Routine Coaching All-American Cheer 11:30 am Together Time w/ Staff TeamMate: Game Day Coaching (C) 12:00 pm **LUNCH** 12:00 pm **LUNCH** 2:30 pm Together Time w/ Staff TeamMate: Game Day Coaching 12:00 pm LUNCH 1:00 pm Together Time w/ Staff TeamMate: 1:00 pm Addt'l Stunt OR Pvramid Class Custom Choreography cont. **BREAK** 1:00 pm 2:00 pm Together Time w/ Staff TeamMate: 3:00 pm We Go(al) Together & Leadership Activity (L) 1:30 pm Choose Your Challenge USA/FNL Routine Coaching cont. 3:30 pm **USA/Friday Night Lights Routine** 1:30 pm Addt'l Stunt OR Pyramid Class **USA/FNL** Routine Evaluation Addt'l Stunt OR Pyramid Class 2:30 pm 2:30 pm Pyramid Class 4:30 pm 2:30 pm Together Time w/ Staff TeamMate: 3:30 pm Together Time w/ Staff TeamMate: 3:00 pm TeamMaker 5:30 pm **Unity Games** Material Review Material Review 3:30 pm Final Material Review & Showcase 3:00 pm 6:00 pm Together Time w/ Staff TeamMate: Game Day Evaluation 4:00 pm Spirit Awards & Dismiss Material Review 4:00 pm Spirit Awards & Dismiss 3:30 pm All-American Tryouts (R) 6:30 pm Spirit Awards & Dismiss 4:00 pm Spirit Awards & Dismiss Choose Your Challenge Options: **Timeout Dance** Hip Hop Dance **Basket Toss Class** Single Base Stunt Class