t association united spirit association unit



2025 Premier Cheer Camp Schedule

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

	DAY		
9:00 am	Camp registration begins	7:00 am	
	LUNCH IS NOT PROVIDED	8:30 am	
12:00 pm	Camp registration ends	9:00 am	
12:30 pm	Arrive to main meeting area	10:30 am	
1:00 pm	Opening Rally & Warm-ups	10.30 al	
1:30 pm	Coaches Welcome Meet Your Staff TeamMate!	11:30 ar	
	NFHS Credentialing Road Map	1:00 pm	
2:00 pm	USA Routine	2:00 nm	
2:30 pm	Safety Seminar (S) & Stunt Class	2:00 pm	
3:30 pm	Together Time w/ Staff TeamMate: Custom Choreography	3:00 pm	
4:30 pm	DINNER		
6:30 pm	Optional Fight Song Evaluation/ Home Routine Showcase	4:00 pm	
7:30 pm	Coaches Goal Setting All-American Cheer	4:30 pm	
	<u>-</u>	6:30 pm	

DAY 2

7:00 am	*BREAKFAST		
8:30 am	Coaches Check-in Warm-ups & Unity Routine		
9:00 am	Stunt Class (A)		
10:30 am	Game Day Class (C) & Evaluation Demonstration		
11:30 am	LUNCH		
1:00 pm	Coaches Camp Assessment Choose Your Challenge		
2:00 pm	Group A – <i>Together</i> Time w/ Staff TeamMate: Pyramid Class Group B – <i>We Go(al) Together &</i> Leadership Activity (L)		
3:00 pm	Group A – We Go(al) Together & Leadership Activity (L) Group B – Together Time w/ Staff TeamMate: Pyramid Class		
4:00 pm	Pin It Forward		
4:30 pm	DINNER		
6:30 pm	Group A – Game Day Review Group B – <i>Together</i> Time w/ Staff TeamMate: USA Routine Coaching		
7:30 pm	Group A – <i>Together</i> Time w/ Staff TeamMate: USA Routine Coaching Group B – Game Day Review		
8:30 pm	Spirit Awards		

DAY 3

7:00 am	am *BREAKFAST	
8:30 am	Coaches Check-in Warm-ups & Unity Routine	8:30 am
9:00 am	Stunt Class	9:00 am
10:30 am	Group A – <i>Together</i> Time w/ Staff TeamMate: Game Day Coaching Group B – Team Up for St. Jude (B)	
11:00 am	Group A – Team Up for St. Jude (B) Group B – <i>Together</i> Time w/ Staff TeamMate: Game Day Coaching	10:30 am
11:30 am	LUNCH	11:30 am
1:00 pm	All-American Tryout	11.30 am
2:00 pm	Together Time w/ Staff TeamMate: Game Day Coaching	
2:30 pm	Game Day Evaluation	
3:30 pm	Together Time w/ Staff TeamMate: USA Routine Coaching	
4:30 pm	DINNER	
6:30 pm	Class Yell (R) & We Go Together Rally	
7:00 pm	Spirit Awards & USA Dance Party	
7:30 pm	Free Time	

DAY 4

7:00 am	*BREAKFAST
8:30 am	Coaches Wrap-up Warm-ups & Unity Routine
9:00 am	Together Time w/ Staff TeamMate: USA Routine Coaching
9:30 am	USA Routine Evaluation
10:30 am	NFHS Certificate Ceremony & TeamMaker

LUNCH IS NOT PROVIDED

Closing Rally & Final Awards

Pin It Forward & Senior Spotlight

T Combo Classes								
Friends	and	family	are	invited	to	ca		

Friends and family are invited to camp on Day 4 beginning at 9:15 am

Day 4 will end at approximately 11:30 am

depending on the camp size

Class times and offerings may vary by camp

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.

8:00 pm

8:30 pm

9:00 pm

Unity Games

Spirit Awards & All Camp Meeting

Unity Routine (E)