



2025 Express Camp Song/Pom 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 Meet Your Staff TeamMate! NFHS Credentialing Road Map
2:00 pm	Game Day Class (C) & Evaluation Demonstration 📌
3:00 pm	Together Time w/ Staff TeamMate: Game Day Coaching 📌
3:30 pm	Performance Routine A1 (A)
4:30 pm	DINNER
6:30 pm	Optional Fight Song Evaluation/ Home Routine Showcase 📌
7:30 pm	Coaches Goal Setting Pom Quarter Break Routine #1
8:00 pm	Unity Games 📌
8:30 pm	Unity Routine (E) 📌
9:00 pm	Spirit Awards & All Camp Meeting 📌

DAY 2

7:00 am	BREAKFAST
8:00 am	All-American (B)
8:30 am	Coaches Check-in & Camp Assessment Warm-ups & Unity Routine 📌
9:00 am	Team Technique (S)
9:30 am	Performance Routine A2
10:30 am	Group A – Together 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 – Together Time w/ Staff TeamMate: Game Day Coaching 📌
11:30 am	LUNCH
1:00 pm	Pom Quarter Break Routine #2 (C)
1:30 pm	All-American Routine Review
2:15 pm	Hip Hop Quarter Break Routine (R)
3:15 pm	Performance Routine A Review & Evaluation (E)
4:15 pm	Pin It Forward (B)
4:30 pm	DINNER
6:30 pm	Class Yell (R) & <i>We Go Together</i> Rally 📌
7:00 pm	Spirit Awards & 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	All-American Review & Tryouts (E)
10:00 am	Together Time w/ Staff TeamMate: Game Day Coaching 📌
10:30 am	Game Day Evaluation 📌
11:30 am	NFHS Certificate Ceremony & TeamMaker 📌
12:00 pm	Pin It Forward & Senior Spotlight 📌
12:30 pm	Closing Rally & Final Awards 📌 LUNCH IS NOT PROVIDED
📌 Combo Classes	
Friends and family are invited to camp on Day 3 beginning at 10:15 am	
Day 3 will end at approximately 12:30 pm depending on the camp size	
Class times and offerings may vary by camp location	
*The number of meals included may vary by location. (Breakfast, Lunch and Dinner) Please refer to online camp listings for more information.	