



# 2025 2-Day Song/Pom Home Camp Schedule

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

## DAY 1

|          |   |
|----------|---|
| 12:00 pm | <b>Meet your Staff TeamMate!</b><br>NFHS Credentialing Road Map |
| 12:15 pm | Warm-ups (S)  |
| 12:30 pm | Quarter Break Routine 1 (R)                                     |
| 1:30 pm  | Performance Routine A (A)                                       |
| 3:00 pm  | <b>BREAK</b>  |
| 3:30 pm  | Performance Routine B (A)                                       |
| 5:00 pm  | Quarter Break Routine 2 (R)                                     |
| 6:00 pm  | Material Review & Unity Games (L)                               |
| 6:30 pm  | Spirit Awards & Dismiss (B)                                     |

## DAY 2

|          |   |
|----------|---|
| 9:00 am  | Warm-ups (S)<br>Team Up for St. Jude (B)  |
| 9:15 am  | Technique (S)                             |
| 10:00 am | Performance Routine A2                    |
| 11:00 am | Routine A Evaluation (E)                  |
| 11:30 am | Quarter Break Review                      |
| 12:00 pm | <b>LUNCH</b>                              |
| 1:00 pm  | Choose Your Challenge (C)                 |
| 2:00 pm  | Performance Routine B2                    |
| 3:00 pm  | All American Tryout (E)<br>Routine Review |
| 3:45 pm  | Routine Showcase (E)                      |
| 4:00 pm  | Spirit Awards & Dismiss (B)               |