



2025 3-Day Home Camp Song/Pom Schedule

NFHS KEY: C-Crowd Leader B-Ambassador

R- Spirit Raiser S-Safety A-Athlete

E-Entertainer L-Leadership

DAY 1

12:00 pm	Meet your Staff TeamMate! NFHS Credentialing Road Map
12:15 pm	Warm-ups (S)
12:30 pm	Quarter Break Routine- Style 1 (R)
1:30 pm	Performance Routine A1 (A)
2:30 pm	Technique (S)
3:00 pm	BREAK
3:30 pm	Performance Routine A2
5:00 pm	Quarter Break Routine – Style 2
6:00 pm	Material Review & Unity Games (L)
6:30 pm	Spirit Awards & Dismiss (B)

DAY 2

9:00 am	Warm-ups & (S) Team Up for St. Jude (B)
9:30 am	Technique (S)
10:30 am	Performance Routine B1 (A)
12:00 pm	LUNCH
1:00 pm	Performance Routine B2
2:00 pm	Unity Routine or Sidelines (E)
2:45 pm	All American Review
3:00 pm	All American Tryouts (R)
3:30 pm	Material Review (L)
4:00 pm	Spirit Awards & Dismiss (B)

DAY 3

9:00 am	Warm-ups (S)
9:30 am	Technique (S)
10:15 am	Performance Routine A & B Review
11:15 am	Performance Routine A Evaluation (E)
12:00 pm	LUNCH
1:00 pm	Choose Your Challenge (C)
2:00 pm	Routine Review
3:30 pm	Routine Showcase A & B Routines Quarter Break Routine Showcase (E)
4:00 pm	Spirit Awards & Closing (B)