

SPIRIT PRO

CHEER

COLLEGE CAMPS

OUR MISSION

Spirit Pro works to push the boundaries of our sport and spread love for cheerleading. We strive to innovate in our industry and inspire every athlete we get to work with. As coaches, we hold the privilege to mold the people of tomorrow and be people they look up to - this is a responsibility we do not take lightly! We promise to bring bigger and better cheerleading to the mat every season, while creating strong, resilient, and motivated athletes along the way.

CLASSES & CURRICULUM

ALL CAMPS ARE 2 DAYS, 8 HOURS EACH

WARM UP:

Each day of camp will start with a fun and energetic warm-up that engages athletes minds and bodies

STUNTING CLASSES:

Stunting classes start with a "Basics Class" to teach fundamentals and build a solid foundation for each stunt group. Other stunting classes include Release Skills, Dismounts, Inversions, Elite Stunts, and Pyramid Class. All of our stunt classes cover a wide variety of drills, progressions, and skills to promote success, strong technique, and meet scoresheet requirements.

STUNT & PYRAMID SEQUENCES:

Stunt and Pyramid Elements learned at camp will be choreographed together to create a sequence! Each team receives their very own Elite Stunt and Pyramid Sequence. These are perfect for practices and to incorporate into competition routines!

GAMES & TEAM BONDING

Throughout camp athletes will participate in games and team bonding activities! These encourage athletes to get to know each other, work together, and problem solve on their own. They are also a TON OF FUN!

ELECTIVE CLASS

Coaches will have the opportunity to choose a specific class they would like their team to take part in. This can be a repeat of another class already on the schedule (Basics, Release Moves, Dismounts, Inversions, Elites, Etc.) or you can choose from a Basket and Jumps Class!

SHOW-OFFS

After select classes on Day 2 of camp, each team will do a "Show-Off" of what they learned! This is a fun way to engage teams and train them to preform under pressure!

DANCE CLASS

Athletes will learn a try-out style dance at Camp to showcase and train their performance, musicality, and ability to pick up choreography. This is a camp favorite! The camp dance can be used to practice prior to choreography or as a tryout dance for your upcoming seasons!

DANCE-OFF

At the end of camp, athletes will have the opportunity to compete in a Dance-Off competition! Each athlete will preform the dance learned at camp through a series of rounds. Finally we crown one athlete as our "Dancing Queen!"

CAMP AWARDS

TEAM AWARDS FOR MULTI-TEAM CAMPS ONLY

TEAM AWARDS

THE "PRO" AWARD:

Team that shows great improvement, growth, coachability, and dedication throughout camp

CAMP CHAMPS AWARD

Team that shows excellence in technique, teamwork, and showmanship in all categories

INDIVIDUAL AWARDS

DANCING QUEEN:

Athletes will have the opportunity to participate in our dance off to see who is the "Dancing Queen" of Camp!

JUMP OFF CHAMPION:

Athletes will have the opportunity to participate in our "Jump Off" competition. Athletes will battle it out to see who has the best jumps at camp!



FOR THE COACHES

TEAM BIOS:

Prior to camp, coaches will be asked to submit a bio and answer questions about their team. This allows our staff to know your team and plan classes that cater to their specific needs.

TEAM CONSULTATIONS:

Our staff will give feedback, advice, and tips on how to maximize your stunt groups and team progression. This includes how to improve their weak-points and recommendations on how to train skills moving forward!

COACHES CONFERENCE:

During camp, we will hold a coaches conference to discuss many topics such as: Ways to max out the scoresheet, coaching philosophies, practice plans, stunting and training tips, and more!

ACTION SHOTS:

At camp, we have our social media team on site to capture Action Shots and Highlights from camp! Coaches will receive access to action shots to use for Social Media, Websites, Advertisements, and More!



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