

SPIRIT PRO

CHEER

HIGH SCHOOL CAMPS

OUR MISSION

At Spirit Pro, we are dedicated to making the world a better place through the art of cheerleading. Our goal is to push boundaries, advance our sport through innovation, and cultivate an energetic atmosphere for athletes to thrive.

Our enthusiastic staff is committed to expanding the industry, consistently elevating the standard of cheerleading each season. We are devoted to sharing our passion for the sport with every program we collaborate with.

As coaches, we recognize the privilege of working with children and influencing the leaders of tomorrow. We understand firsthand the transformative power of cheerleading and embrace the responsibility it carries. At Spirit Pro, we foster a competitive, high-energy, and inspiring environment that empowers athletes to express themselves and venture beyond their comfort zones. Our aim is not only to mold exceptional athletes but also exceptional individuals!

We can't wait to welcome your program to the Spirit Pro Family!

Cheers,

Spirit Pro Staff





WHAT TO EXPECT

Camp is the perfect way to start your season off on the right foot and build a strong foundation for your team. At camp, your team will learn innovative stunts, pyramids, techniques, and drills from our staff of PROfessionals from all over the country! Athletes will build team moral during camp games, receive action shots from our camp photographer and social media team, and learn high-energy choreography during dance class! Team coaches can join our coaches conference to learn tips, techniques, and more from our Spirit Pro Staff!

"A Pleasure to meet and work with one of the kindest, most patient, and knowledgeable staffs around!"

-Revere High School

"The most amazing camp weekends!"

-Billerica Memorial High School



CLASSES & SCHEDULE

ALL CAMPS ARE 2 DAYS, 8 HOURS EACH DAY

WARM UP & GAMES

Each day starts with a fun, dynamic, and energetic warm up and stretch! Throughout the day we also play camp games to encourage team bonding and leadership!

STUNTING CLASSES

Stunting classes start with a "Basics Class" to teach fundamentals and build a solid foundation for each stunt group. Our 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 games, practices, and to incorporate into competition routines!

ELECTIVE CLASSES

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, or Pyramid) or you can choose from a Basket and Jumps Class!

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!



FOR THE COACHES

COACHES CLINIC

Team Coaches will have the opportunity to attend a coaches clinic during camp to discuss different drills, techniques, coaching styles, and the scoresheet! We will cover topics such as: Understanding the scoresheet, How to build team moral, tips on running a productive practice, and more!

CONSULTATIONS

Throughout camp, Our staff will consult with coaches on progressions, team ability, and stunt groups. We will give feedback, advice, and tips on how to get the most out of each group, how to improve their weak-points, and recommendations on how to train skills moving forward!

PHOTOGRAPHY & SOCIAL MEDIA

At camp, we will have our photographer and social media team on site to capture action shots and highlights throughout each day . Coaches will receive a file with their action shots after camp. These photos are perfect to use for social media, flyers, and fundraisers throughout the season!

click the icons to follow!





CAMP AWARDS

We believe one of the best parts of camp is bonding with other teams and creating a competitive atmosphere! At camp, athletes have the opportunity to win 4 different awards!

TEAM AWARDS:

CAMP CHAMPS AWARD

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

THE "PRO" AWARD

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

INDIVIDUAL AWARDS:

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!

DANCING QUEEN

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



High School Camps



SPIRIT **PRO**

CHEER

SpiritProCheer.Com/highschool