

WELCOME TO

WINTER CAMP

MID SEASON TRAINING. FRESH IDEAS. REAL RESULTS.

Spirit Pro Winter Camp is designed to give teams a focused, high energy training experience to prepare for Winter Season. During the two full camp days, teams will have the opportunity to upgrade their stunting, rework their routine, receive personalized feedback, and build confidence heading into the second half of their season.
With Spirit Pro staff traveling in from across the country, this camp combines high level training with the fun, team focused atmosphere that makes Spirit Pro camp, Spirit Pro.



SPIRITPRO

EST. 2022

WHAT TEAMS WILL LEAVE WITH:

Our goal is for every team to leave Winter Camp feeling like they are ready to start Winter Season ahead of the curve.

Whether that means a completely new stunt sequence, upgraded skills, cleaner choreography, a new routine section, personalized feedback, or simply a fresh perspective, Winter Camp is built to help teams make meaningful improvements heading into the next half of their year.

THE WINTER CAMP EXPERIENCE

TEAMS WILL TRAIN FOR 2 DAYS, 8 HOURS EACH DAY WITH SPIRIT PRO STAFF FROM ACROSS THE COUNTRY.

EACH DAY IS DESIGNED TO BALANCE FOCUSED SKILL DEVELOPMENT WITH TEAM BONDING, CREATIVITY, AND FUN.

STUNTING CLASSES:

We will start with a Basics Class designed to warm up your team's stunts, reinforce fundamentals, and prepare athletes for more advanced work throughout the day.

From there, teams will participate in Stunt & Pyramid Classes. Depending on your team's goals.

Use your time to:
- Rework existing stunt and pyramid sequences
- Upgrade skills and difficulty
- Clean and improve current sequences
- Create completely new stunt and pyramid sections

Teams can choose what makes the most sense for their current situation and what would be most beneficial going into Winter.

CHOREOGRAPHY TIME:

Each team will receive 2 total hours of dedicated choreography time (1 hour per day) on a full cheer floor with a Spirit Pro Choreographer.

This time is completely customized to what your team needs outside of their stunting sections.

Use your time to:
- Rework sections of your existing routine
- Create a brand new section
- Change formations
- Clean or adjust motions
- Rework choreography for roster changes
- Add difficulty or creativity
- Get another set of eyes on your routine
- Work on anything else that would benefit your team

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UPLOAD SCORESHEET, TEAM INFO & VIDEOS

Coaches will have the option to submit their team's fall performance videos and scoresheets before camp.

Spirit Pro staff will use these materials to better understand your team's current routine, performance, and scoring opportunities. This allows our staff to come into camp with more context and helps make your training time as productive and personalized as possible.

WINTER SHOWCASE

Camp will conclude with a proper team showcase designed to give athletes the opportunity to perform, receive feedback, and see how their work translates to a performance setting.
Teams can perform as much or as little as they would like.

Teams will receive written feedback from Spirit Pro staff, which will be distributed directly to coaches at the end of camp.
The showcase is meant to be both useful and fun, giving teams a chance to put their work on the floor while receiving feedback they can take into the rest of their season.

THE FUN STUFF

Of course, it wouldn't be a Spirit Pro camp without the things that make it so special! Throughout the weekend, teams will have opportunities for:

ACTION SHOTS • TEAM AWARDS • RAFFLES • GAMES & CHALLENGES • TEAM BONDING

& plenty of Spirit Pro Energy