

Allstar Camps

OUR MISSION

Spirit Pro is committed to pushing the boundaries of our industry and spreading love for the sport. We strive to innovate cheerleading and inspire every athlete we get to work with. As coaches, we hold the privilege to mold today's youth 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.



ALL CAMPS ARE 2 DAYS, 8 HOURS EACH

CLASSES & CURRICULUM

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 that 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 as a team. 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 perform 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 perform the dance learned at camp through a series of rounds. Finally, we crown one athlete as our "Dancing Queen!"

FOR THE COACHES

TEAM BIOS:

Prior to camp, coaches will be asked to submit a bio and answer questions about their team. This will assist our staff in getting to know your team and plan classes that cater to their specific needs. We pride ourselves on making each class personalized to get the best results!

TEAM 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!

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 will have our photographer and social media team on site to capture Action Shots and Highlights from camp! Coaches will receive a file with all action shots after camp. These are perfect for Social Media, Websites, Advertisements, and More!

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