

SPIRIT PRO

EST. 2022

OUR MISSION

Spirit Pro is committed to pushing the boundaries of our industry and spreading love for our sport. We strive to innovate the industry and inspire athletes far and wide. As coaches, we hold the privilege to mold today's youth - this is a responsibility we do not take lightly! We are committed to bringing 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. Additional 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 pre-season practices or to incorporate into routines!

GAMES & TEAM BONDING

Throughout camp, athletes will participate in games and team bonding activities throughout camp! This encourages athletes to build camaraderie, 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 & FACE-OFFS

Throughout camp, teams will participate in Show-Offs and Face-Offs with other teams to debut what they learn in each class! In our Face-Offs, teams will go head-to-head and a winner will be crowned based on who has the best execution.

DANCE CLASS

Athletes will learn a five 8-count dance to showcase and train their performance, motion placement, musicality, and ability to pick up choreography. This is a camp favorite! The dance can be used to prepare for choreography or as a tryout dance for your upcoming seasons!

JUMP-OFF & DANCE-OFF

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



CAMP AWARDS

TEAM AWARDS FOR CAMPS WITH 4 OR MORE TEAMS ONLY

TEAM AWARDS

THE "PRO" AWARD:

Awarded to the team that shows great improvement, growth, dedication, and embodies the "Spirit Pro Way" throughout camp

CAMP CHAMPS AWARD

Awarded to the team that shows excellence in technique, skill building, teamwork, and showmanship in all categories!

INDIVIDUAL AWARDS

DANCING QUEEN:

Athletes will have the opportunity to participate in our dance off for a chance to be crowned 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

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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 in your season!

TEAM BIOS:

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

ACTION SHOTS:

At camp, our on site social media team will 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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NOW!**



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HIGHSCHOOL CAMPS



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