

# SPIRITMANIA

Keeping your athletes spirited every day is an important part of camp. It will help keep their energy lifted when they get tired and it will set the tone for your entire year. For that reason, and also to give you ideas for spirit week/days, etc, we have spirit days each day at camp. *This is for the residential and commuter camps but can also be done at private camps for fun!* Participation in Spirit Days is optional. **Remember that however you are dressed each day must not prevent safe stunting and cheering and must not violate normal cheer safety rules. Also, see the Music, Moves and Dress policy in the FORMS section.**

## SPIRIT DAYS FOR CCA CAMP 2024

Our theme song for 2024 is "Sing the Name" so our Spirit Days are following that title.

### **Day # 1: Sing me the "BLUES"**

Dress blue today to celebrate the soulful coolness of the Blues music. Mayv=be even dress like one particular Blues song. Not just clothes.... hair, face, hats ....anything and everything blue for "the Blues" day.

### **Day # 2: Sing me some "Country"**

What "country" are you in? At camp, you're in "CCA Spirits" country. When visiting teams come to your school, they are in "Eagle" country (insert your mascot). TO HELP YOU GET THAT MESSAGE ACROSS and for FUN, dress country. We even have a shirt just for you to wear that day. See the next page for ordering and more instructions. This is optional but a fun way to show your "country" pride.

### **Day # 3: Sing me some "Jazz"**

Wear your jazziest outfit! Or select your favorite jazz song to dress like. Even very old "jazz" like the Charleston. Let's see how creative you can be to make practice wear jazzy.

### **Day # 4: Sing me the "Classics"**

Nothing is as classic/classy as your school colors!!!! This is the day for you to wear your colors and be proud!

It's Showcase Day, so show off how you represent your favorite TEAM.... YOUR team!

Wear your uniform...or if it's not in yet, wear matching shorts and shirts in your Team colors for the Morning Session & Showcase.

### **FOR THREE DAY CAMPS and PRIVATE CAMPS**

**Day 1: Blues or Jazz** (Your choice)

**Day # 2: Country**

**Day # 3: Classics**

*It is NOT required for a team to dress alike at camp. Usually at least 60% of our teams do, the others don't. A lot just wear the same colors, but not necessarily the same outfit. Do NOT feel as though you need to go purchase matching outfits every day for your team if that is not in your budget. Teams that do have matching outfits use them all season as practice wear and/or GameDay wear. If you need help with this, let us know. You do NOT have to have uniforms for the final Showcase (do not think of it as a competition). They are permitted but not required.*