



DREAM FEST

**Oregon Team Camp
Informational Packet 2025**

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WHO ARE WE?

Dream Camps is an Oregon-based, veteran-owned company dedicated to delivering the best instruction in cheerleading, and creating lifelong memories and friends. Dream Camps started in Oregon and now offers camps throughout the US and Canada.

WHAT MAKES US SPECIAL?

Dream Camps is the only camp of its kind :

- Amazing coaches from around the United States.
- Customized schedule for your team.
 - Each team and their needs are different. Dream Camps builds each team's schedule to help them achieve the most progress at camp.
- Choreography at camp! Teams will get the opportunity to build usable sections of their routine while at camp.
- Earn an All Star World Championships bid! Dream Camps is excited to offer 2 At Large Bids to the All Star World Championships at each camp!
- Safety focused. Our staff believe in getting skills the right way. We progress thoughtfully to help athletes thrive and grow in the long run vs. the short term reward.
- A whole additional cheer family. There is no other camp in the country that brings in a staff as talented and storied as Dream Camps. There is nothing like traveling the country to competitions from NCA to Summit to Worlds to College Nationals and seeing your fellow campers and staff!

AMAZING FACILITY?

Oregon will have AMAZING equipment in a massive facility for our athletes - everything your athletes need, we will have! We have pulled out all the stops to make this the most amazing camp experience in the country.

QUESTIONS ABOUT THIS PACKET OR DREAM CAMPS?

REACH OUT TO: INFO@DREAMCAMPSUSA.COM

WHAT TO EXPECT

LOCATION AND ACCOMMODATIONS

Camp is hosted at Lewis & Clark College.

- The address is 615 S Palatine Hill RD Portland OR 97219
- Athlete Lodging
 - Athlete lodging is dorm room style. Generally 2 to a room. We will need detailed information for athlete rooming assignments
 - The goal will be to assign each program their own hall in the dorms.
 - There will also be Individual athletes attending camp during the same time frame as Team Camps. Those athletes will stay in a separate dormitory.

FOOD

Dream Camps provides meals at the college dining hall. All food and lodging is included with your registration. The Dining Hall has numerous options at every meal so athletes should never go hungry. We can accommodate athletes with a variety of Dietary needs! 1 month prior to camp we will need to know any dietary restrictions or allergies. All food is provided by Lewis and Clark Staff. Meals are included on Days 1-5. Please ensure your athletes arrive on Day 0 having had dinner!



2025 THEME

Dreamfest A cheer festival

Take Center Stage

Represent your favorite band, musical artist, or music style! Rock your way to becoming camp champs in our music festival inspired games!



Awards throughout camp!

Dream Camps will have competitions each night to provide awards to individual athletes. Compete In Best Jumper, Best Tumbler, or Best Dancer and see where you stack up.

On top of these individual awards, athletes throughout camp will be nominated to compete to be recognized as All-Americans. Athletes who perform and are selected as All-Americans will receive a letterman Jacket All-American patch, Certificate, and All-American Ring at the end of camp.





D/C MICROPHONE

The D/C Microphone! The D/C Microphone will be given out each evening to a Team or Teams voted on by staff. The team that receives the Microphone will be awarded 10 points towards camp champ.

The Microphone will be awarded to teams voted on by the staff. Factors they will consider will be based on positivity, respect, team spirit, work ethic, and more.

Teams receiving the Microphone should keep their microphone with them at all times, and add some decorations and flair to leave their mark on the the Microphone for the next team.

PACKING LIST

Being Prepared!

Packing List

- Bedding (Twin Long is the bed length)
- Pillow
- Shower Supplies
- Swimsuit
- Tooth Brush & Tooth paste
- Feminine Hygiene needs
- Deodorant
- Towel
- Flip Flops
- Sleeping Clothes
- Practice Clothes (5 Sets)
- Extra Sports bras and underwear
- Cheer Shoes
- Normal Athletic Shorts
- Bug Spray
- Sun Screen
- Epi Pen (if prescribed)
- Prescription medication
- Sun Glasses
- Cell Phone Charger
- Personal Water Bottle (REQUIRED)
- Cash or Card for pro shop (we will have some awesome stuff)
- Extra snacks

MEET THE STAFF

The Best of the Best

Staff Snapshot

Dream Camps staff are some of the best In the Industry. Although not all staff work every camp we have Instructors from - Weber State, Trinity Valley, Navarro, Top Gun, ODT, PSU, OSU, CBU, Cheer Athletics, Stingrays, Charlotte all stars and more!!!!



DAY 1

Explanations of each challenge and how many athletes are needed to participate



CROWD SURF RELAY

Crowd surf your teammate down and back with 6 participants. All participants must be stationary while the surfer is moving.

Timed event for points

EVADE SECURITY

Your 3 players must try to navigate around the course without getting tagged by security! If security catches you, you must start over. Fast team to evade security wins!

FREEZE DANCE OFF

Players must dance while the music is on but be frozen when the music is off. Athletes still moving will be eliminated.

Points will be awarded based on placement in the event

BEACH BALL BOUNCE

Keep the beach ball in the air! Your team of 5 will compete to keep the beach ball from touching the ground! Points will be awarded for number of bounces and time in the air.

BEST TUMBLER

Anyone can participate In best tumbler. Athletes will be evaluated on difficulty, execution and mastery of the skill. Execution will be heavily weighted and difficulty will not be the most important aspect. However athletes who are intentionally sandbagging far below their skill level will be eliminated.

GLOW PARTY NIGHT STUNT OFF

Use glow in the dark tape, outfits and more to perform a unique sequence under blacklight.

10 Points - Creativity

10 Points - Technique

10 Points - Neon effect

All American Nominations will be awarded at the end of the evening. All American Nominees will have the opportunity to compete to be named all American at the end for camp.

DAY 2

Explanations of each challenge and how many athletes are needed to participate



VIP PASS RELAY

Share your VIP pass with your friends! You will have a task to complete for each person.

SAVE YOUR SEAT!

Musical chairs but with a cheer twist.

FRISBEE TOSS

how many times can you pass the frisbee to your partner without dropping it?

SUMO MOSH PIT

Climb into the sumo ball and see how long you and your partner can last without getting knocked out of the sumo pit!

BEST JUMPER

Anyone can participate In best Jumper. The first jump will be a toe touch, then a double toe touch, then a front hurdler, then a pike jump. For the final we will chose combination jumps.

BEST STUNT GROUP

Any Stunt group can enter. No more than two stunts performed. Execution will be HEAVILY weighted over difficulty of stunts. If two stunts are executed equally well then difficulty will gain the advantage.

DREAMFEST KARAOKE CLASH

Pick your Karaoke song for your team to perform. Points will be awarded based on
10 points - Vocal performance
and group use.

10 points - Showmanship

10 points - Incorporation of cheer skills

All American Nominations will be awarded at the end of the evening. All American Nominees will have the opportunity to compete to be named all American at the end for camp.

DAY 3

Explanations of each challenge and how many athletes are needed to participate



SPLASH STAGE DIVE

Toss and catch a water balloon back and forth!

BATTLE OF THE BANDS WATER WAR

Transfer the water as a team to fill your cup and win the relay race

WATER BLASTER DROP

Athletes will work in teams to blast down their microphone targets.

ROCKSTAR ROADIE RELAY

5 participants will engage in a relay race to fill their bucket. navigating the obstacle course and slip and slide.

BEST DANCER

This competition will award an athlete best dancer. Dancers will compete head to head performing the camp dance.

LIP SYNC COMPETITION

Use as many athletes as you like for this lip sync competition. All music must be radio appropriate. Please keep all dance moves and references appropriate for all ages. 60 second time limit, NO EXCEPTIONS!

All American Nominations will be awarded at the end of the evening. All American Nominees will have the opportunity to compete to be named all American at the end for camp.

UNDERSTANDING *The Schedule*

Rotations

Rotations are where the magic happens. Our team camp staff will run rotations. During their rotation, staff members will work one-on-one with the team on stunts, tumbling, pyramids, jumps, and more. You will not share that Instructor with other teams or Individual camp athletes. At the end of a rotation, the group will move to another Instructor with another emphasis. Your team will work with a variety of instructors throughout the day to ensure they are progressing in ALL areas of cheer.

Choreography (Team Camp)

If your program is participating in the competitive track, you will have at least 1 choreography rotation per day. These rotations will focus on putting skills you have learned at camp into a routine. Routines will be judged each night and at the end of camp.

Evening Challenges (Teams & Individuals)

Evening Challenges consist of events where athletes can elect to participate. The events are best jumper, best tumbler, and best dancer. The athletes competing in these events will be judged by staff and they will select a winner each evening.

Camp Activities (Teams & Individuals)

Camp activities are afternoon activities designed to make the camp experience truly special. We have scheduled Rock Wall, Bowling, Movie Theater, and Archery!

GENERAL SCHEDULE

Day 1

Day 1 -

7:00 - Check in begins

9:00- Staff Introductions

9:30 - 10:15 - Rotation 1

10:15 - 11:00 am - Rotation 2

11:00 - 11:45 am- Rotation 3

11:45 - Break game

12:00 pm - Lunch

1:00 pm - Team Building

1:30 -2:15 PM - Rotation 4

2:15 - 3:00 PM - Rotation 5

3:00 - 3:30 - Breakout rotation

3:30 pm - Games

4:00 pm - Break/Choreo Practice

6:00 pm - Dinner

7:00 pm - Evening Challenge & open gym

9:00 pm - Personal hygiene

10:00 pm - Lights out

GENERAL SCHEDULE

Day 2 & Day 3

Day 2 -

8:00 - Breakfast
9:00- Warmup & Camp Dance
9:30 - 10:15 - Rotation 1
10:15 - 11:00 am - Rotation 2
11:00 - 11:45 am- Rotation 3
11:45 - Break game
12:00 pm - Lunch
1:00 pm - Team Building
1:30 -2:15 PM - Rotation 4
2:15 - 3:00 PM - Rotation 5
3:00 - 3:30 - Breakout rotation
3:30 pm - Games
4:00 pm - Break/Choreo
Practice
6:00 pm - Dinner
7:00 pm - Evening Challenge & open gym
9:00 pm - Personal hygiene
10:00 pm - Lights out

Day 3 -

8:00 - Breakfast
9:00- Warmup
9:30 - 10:15 - Rotation 1
10:15 - 11:00 am - Rotation 2
11:00 - 11:45 am- Rotation 3
11:45 - Break game
12:00 pm - Lunch
1:00 pm - Team Building
1:30 -2:15 PM - Rotation 4
2:15 - 3:00 PM - Rotation 5
3:00 - 3:30 - Breakout rotation
3:30 pm - Games
4:00 pm - Break/Choreo
Practice
6:00 pm - Dinner
7:00 pm - Evening Challenge & open gym
9:00 pm - Personal hygiene
10:00 pm - Lights out

GENERAL SCHEDULE

Day 4

Day 4

8:00 - Breakfast

8:45- Warm up

9:00 - Packing

9:45 - Warmup

10:00 - Showoff Prep

11:00 am - All American Tryouts

11:30 pm - Showoffs (PARENTS WELCOME)

12:00 pm - Final Awards

1:00 pm Depart from camp



FAQ

What you need to know!

- **What time can athletes arrive at camp?**
 - 7 AM on Day 1 unless coordinated through Dream Camps.
- **What is the commuter schedule?**
 - Commuters will arrive at camp at 8:30am and depart camp at 4pm.
- **Are there items for purchase at camp?**
 - Yes we have camp clothes, snacks and drinks for purchase!
- **Is camp safe?**
 - Yes we ensure safety is of the highest priority throughout all of camp!
- **Do phones work?**
 - Yes!
- **Can my athlete who is not on a team attend?**
 - Yes we have an individual side of camp running concurrent to Team camp!

CONTACT

Further questions?

We are here to help

You can reach us with further questions:

Email:

Info@dreamcampsusa.com

Cell: 541-913-9019



