



HOME CAMP - 2 DAY

2020

NFHS KEY:

CROWD LEADER

AMBASSADOR

SPIRIT RAISER

ATHLETE

ENTERTAINER

LEADERSHIP

Time	Class	Notes	
3:00 PM	Staff Meets with Coach	Meet your NCA Staff!!	
3:30 PM	Introductions	Staff introductions	
3:35 PM	Cheer Class	Learn Game Day Cheer #1 and Game Day Cheer #2	C
4:15 PM	Chant Class	Select 3 chants to learn from Chants #1-10	C
4:45 PM	Spirit Dance	Novice Level Dance	
5:15 PM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
5:30 PM	Stunts		A
6:30 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

NOTES:

Time	Class	Notes	
3:00 PM	Coaches Meeting		
3:30 PM	Review Spirit Dance	Spirit Dance from day 1	
3:45 PM	Cheer & Chant Review		E
4:05 PM	Cheer Class	Learn Game Day Cheer #3	C
4:25 PM	Hip Hop Dance	Intermediate Level Dance	
5:30 PM	Stunts		A
6:30 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 2

NOTES:

* Opportunity for home fight song and additional material feedback.