



OVERNIGHT - 4 DAY

2020

NFHS KEY:

CROWD LEADER

AMBASSADOR

SPIRIT RAISER

ATHLETE

ENTERTAINER

LEADERSHIP

Time	Class	Notes	
1:00 PM	Opening Rally	Meet your NCA Staff!!	
1:15 PM	Material Demos	GD #1, Perf #1, Chant w/ 3-3-3 method, Band Chant	
1:30 PM	Band Chant / Coaches' Meeting	Great Game Day Dance to incorp Dance Team/Mascot	E
2:15 PM	Cheer Class	Learn Game Day Cheer #1 and Performance Cheer #1	C
2:45 PM	Chant Class	Select 2 chants to learn from Chants #1-5	C
3:15 PM	Buddy Time	Introductions, Spirit Book, National Bid/NFHS Process	L
3:45 PM	Stunt S.A.F.E. / Coaches Return	Philosophy ensure the safety of all teams while stunting	A
4:00 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
4:15 PM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ Buddy	S
4:30 PM	DINNER		
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Core Stunts	These stunts make up the foundation of all stunting	A
6:45 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
	The NCA Game Day Experience	Developing the perfect Game Day atmosphere!	C
7:00 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
7:05 PM	Game Day Fundamentals	Learn what makes a solid foundation for Game Day!	C
7:10 PM	Practice Implementing	Use the Game Day Cheer learned during Cheer Class	C
7:25 PM	Game Day Props	How to properly use props and people on game day!!	C
7:30 PM	Performing with Props	Practical application using signs, poms, flags & megas	C
7:45 PM	Game Day Skills	Enhance your Game Day with appropriate skills	C
7:50 PM	Time to Stunt with Props	Work on getting in/out of stunts with props	C
8:05 PM	Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
8:10 PM	Leader's Reception/Material Review	Team Leaders meet with their NCA Buddy instructor	S
8:30 PM	Team Time	Team Building Activities	L
8:50 PM	Announcements		
8:55 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
8:30 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	L
8:40 AM	Cheerobics	Fun warm up to get the body moving and ready to go	
8:50 AM	Jump Class	Work on and improve upon jumps & exercises	A
9:20 AM	Chant Class	Select 2 chants to learn from Chants #6-10	C
9:50 AM	Stunt Class / Coaches Return	Core+, Novice, Intermediate, and Advanced Levels	A
10:50 AM	Basket Builders	Take part in drills or optional class for JH/MS teams	A
11:20 AM	Dance Showcase	Demo of Hip Hop and Advanced Dance	
11:30 AM	LUNCH		
12:30 PM	Practice Time with Coach	Optional practice time if needed	
1:00 PM	Custom Coaching #1	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	C
1:30 PM	Custom Coaching #2	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:00 PM	Custom Coaching #3	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:30 PM	Pyramid Workshop	Team works on Static and Transitional pyramids	A
3:30 PM	Specialty Classes (Regional)	Hip Hop Dance, Advanced Dance & Stunt Class	E
4:30 PM	DINNER		
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
6:20 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
6:40 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
7:00 PM	Evaluation	2 nd Evaluation of a Cheer (with entrance) & Chant	E
8:00 PM	Team Time	Team Building Activities	A
8:30 PM	Spirit Sticks / Stick Skits / Mascots	Given to teams exemplifying team spirit throughout the day	
9:00 PM	Tally Ho	Camp Dismissed! Remember, tomorrow is FUN DAY!!	

DAY 2

* Opportunity for home fight song and additional material feedback.



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8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
8:30 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	S
8:50 AM	Band Chant Review	Review Band Chant for Custom Coaching	
9:05 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go	
9:15 AM	Jump Class	Continue to work and improve upon jumps & exercises	A
9:45 AM	Stunt Class / Coaches Return	Core+, Novice, Intermediate, and Advanced Levels	A
11:00 AM	All-American Cheer & Demo	This cheer is used for All-American Tryouts ONLY	
11:30 AM	LUNCH		
12:30 PM	Practice Time with Coach	Optional practice time if needed	
1:00 PM	Custom Coaching #2	1 st Eval on Band Chant w/ NCA Buddy	C
1:30 PM	Custom Coaching #3	1 st Eval on Band Chant w/ NCA Buddy	C
2:00 PM	Custom Coaching #1	1 st Eval on Band Chant w/ NCA Buddy	C
2:30 PM	Pyramid Workshop	Team works on Static and Transitional pyramids	A
3:30 PM	Specialty Classes (Regional)	Pom Dance, Sideline Spirit Dance, AA Workshop & Stunt Class	E
4:30 PM	DINNER		
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
6:20 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
6:40 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
7:00 PM	Final Evaluation	2 nd Evaluation of the Band Chant	E
8:00 PM	Top Team and All-American Sign-Up	Optional final day competition sign up	E
8:15 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
8:30 PM	Team Time	Shower of Praise	L
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

FUN DAY 3

Time	Class	Notes	
8:30 AM	Coaches' Meeting		
	All-American Warm-Up	Optional All-American Team Tryout	
8:45 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
9:30 AM	Final Day Competition Warm-Up	All final day competitions are optional	
	Final Day Competitions	Each team can compete in up to 2 categories	
9:50 AM	Top Team Chant	No Entrance, as taught, 3-3-3, Allow levels and ripples	C
10:10 AM	Top Team Band Chant	Crowd effective & practical. No Stunts or Tumbling	C
10:40 AM	Top Team Cheer	Showcasing team skills and crowd leading abilities	C
11:10 AM	Material Showcase	Advanced, Hip Hop & Spirit Dance / AA Cheer / Seniors	
11:25 AM	Awards Presentation	Camp awards handed out	
11:40 AM	Spirit Sticks	Take it home with you, if you earn one on the final day!	
11:45 AM	Closing	Final thoughts and message to camp	
12:00 PM	Tally Ho	Camp Dismissed!! Travel safe!	

DAY 4

NOTES:

* Opportunity for home fight song and additional material feedback.