



# STUNT CLINIC - 1 DAY

2020

NFHS KEY:

CROWD LEADER

AMBASSADOR

SPIRIT RAISER

ATHLETE

ENTERTAINER

LEADERSHIP

Time	Class	Notes
9:00 AM	Introductions	Meet your NCA Staff!!
9:15 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go
9:30 AM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting
9:45 AM	Skill Drills	Skills necessary to keep your team safe while stunting
10:00 AM	Core Stunts	These stunts make up the foundation of all stunting
10:45 AM	Stunt Class	Core+, Novice, Intermediate, and Advance Levels
12:00 PM	<b>LUNCH</b>	
1:00 PM	Stunt Class	Core+, Novice, Intermediate, and Advance Levels
2:00 PM	Pyramid Workshop	Team works on Static and Transitional pyramids
3:00 PM	Gatorade Break	
3:15 PM	Basket Builders	Take part in drills or optional class for JH/MS teams
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!

DAY 1

NOTES: