



2020 NCA Leadership 2 Day Home Camp

DAY 1

11:30 Staff Meets with Coach
 12:00 Introductions / Camp Starts
 12:15 Camp Cheer - CL
 12:45 Timeout Dance - E
 1:15 Chants - CL
 1:30 Rally Routine #1
 1:50 Credentialing - AM
 2:00 Stunt SAFE - A
 2:05 Skill Drills - A
 2:15 Core Stunts / Skill Check - A
 2:45 Leadership - L
 3:15 **SNACK BREAK**
 3:45 Material Review
 3:55 Jumps - A
 4:15 Stunts - A
 4:45 Band Chant - SR
 5:15 Rally Routine #2 - SR
 5:45 Leadership - L
 Tally Ho!

DAY 2

9:00 Leadership - L
 9:30 Cheerobics / Band Chant Review - A
 9:45 Dance Class - E
 10:15 Game Day Class (bring props) - CL
 11:15 Stunts - A
 11:45 Leadership - L
LUNCH
 1:00 All American (if applicable) - E
 1:15 Rally Routine #3
 2:00 Workshop / Evaluation - Game Day CL
 2:30 Band Chant Review
 2:45 Rally Routine & Game Day Review
 3:15 Showoff for Parents
 3:45 Leadership - L
 4:00 Tally Ho!

**Thank You for
Choosing NCA!**

NFHS Pillars

L – Leadership,
 AM – Ambassador, SR – Spirit Raiser, CL
 – Crowd Leader,
 E – Entertainer

Pursue Greatness!

