



# 2023 Christian 3 Day Home Camp

Powered by NCA

DAY 1		DAY 2		DAY 3	
11:30	Staff Meets with Coach	9:00	Christian Leadership - L	9:00	Christian Leadership - L
12:00	Introductions / Prayer	9:30	Cheerobics	9:30	Cheerobics
12:15	Camp Cheer / CL	9:45	Band Chant / Material Review - A	10:00	Band Chant Review / Material Review – SR
12:30	Chants (3)- CL	10:15	Jumps – A	10:15	Dance 2 - E
12:45	Game Day Cheer - CL	10:30	Dance 1 - E	10:45	Rally Routine #3 - SR
1:00	Jumps - A	11:00	Game Day Class (bring props) - CL	11:30	Christian Leadership – L
1:30	Rally Dance - E	11:30	Christian Leadership – L	<b>LUNCH</b>	
2:00	Credentialing – AM	<b>LUNCH</b>		1:00	All-American (if applicable)
2:05	Stunt SAFE - A	1:00	Stunts – A	1:30	Workshop / Evaluation
2:15	Skill Drills - A	1:45	Pyramids - A	2:00	Game Day Chant & Cheer - CL
2:45	Core Stunts / Skill Check - A	2:00	Rally Routine #2 - SR	2:30	Rally Routine Practice - SR
	Christian Leadership – L	2:45	Dance and Band Chant Review - SR	3:00	Band Chant Practice - SR
3:15	<b>SNACK BREAK</b>	3:00	Workshop / Evaluation	3:30	Showoff for Parents
3:45	Material Review	3:00	Game Day Chant & Cheer - CL	4:00	Final Christian Leadership – L
3:55	Band Chant - SR	4:00	Christian Leadership - L		Tally Ho!
4:30	Stunts – A		Tally Ho!		
5:15	Rally Routine #1 - SR	<b>Spirit is Forever!</b>			
5:45	Christian Leadership - L	Dance Choices: Pom, Hip Hop, Sidelines			
6:00	Tally Ho!				
	<u>NFHS Pillars</u> A – Athlete AM – Ambassador CL – Crowd Leader L – Leadership E – Entertainer SR – Spirit Raiser				