



2020 NCA CHRISTIAN 4 Day Home Camp



DAY 1		DAY 2		FUN DAY		DAY 4	
11:30	Staff meets with Coach	9:00	Christian Leadership - L	9:00	Christian Leadership - L	9:00	BREAKFAST Positive Circle/Prayer
12:00	Introductions / Camp Starts	9:30	Cheerobics	9:30	Cheerobics - A	9:15	Cheerobics – A
12:15	Camp Cheer - CL	9:45	Dance Class - E	9:45	Sideline Dances - CL	9:30	Cheer/Tigers, Let's Hear It- CL
12:45	Timeout Dance - E	10:15	Game Day Class(bring props)CL	10:15	Stunt Class - A	9:45	Rally Routine Practice - SR
1:00	Chants (3) / 1-on-1 - CL	11:00	Stunts - A	10:45	Pyramid Class - A	10:15	Stunt Practice
1:15	Jumps - A			11:15	Rally Routine #3 - SR	10:45	Game Day Practice - CL
2:00	Stunt SAFE - A		LUNCH	11:45	Christian Leadership - L	11:00	Band Chant Practice
2:15	Skill Drills - A					11:15	Cheer & Chant Review
2:30	Core Stunts / Skill Check – A	1:00	Rally Routine #2 - SR		LUNCH		
		1:30	Workshop/Evaluation Chant CL				LUNCH
2:55	SNACK BREAK	2:00	Dance Review	1:30	Workshop / Evaluation – Game Day Cheer - CL		
		2:15	Band Chant 1-on-1 - SR	2:00	All Dance Review	1:00	Workshop with Staff
3:15	Christian Leadership - L	2:45	Chants (3) – CL	2:30	All American or Stunt Practice	1:30	All Dance Review
3:30	Material Review	3:00	Material Review	3:00	Game Day - CL	2:00	Practice: Game Day
3:45	Stunts – A	3:15	Christian Leadership - L	3:30	Christian Leadership - L		Rally Routine
4:30	Band Chant / 1-on-1 - SR	4:00	Dismiss	3:30	Dismiss		Band Chant
5:00	Rally Routine #1 - SR			4:00		3:00	Showoff for Parents
5:30	Devotional / Worship - L					3:45	Final Christian Leadership
6:00	Dismiss						Tally Ho! #GoBeGreat
	Bring Game Day Props Tomorrow!		Wear Your FUN DAY Attire Tomorrow!		Family & Friends Are Welcome Tomorrow!		
					NFHS Pillars		
					A – Athlete		
					AM – Ambassador		
					CL – Crowd Leader,		
					E – Entertainer		
					SR – Spirit Raiser		
					L – Leadership		

