HOME CAMP - 3 DAY



NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE		LEADERSHIP
Time	Class		Notes		
12:45 PM	Staff Meets with Coach		Meet your NCA Staff!!		
1:00 PM	Introductions/Time Time		Staff Into & Team Building		
1:15 PM	Motion Technique Cla	ass		ng and cleaning mot	•
1:35 PM	Chant Class		use of motion fundamentals and exercises/games Select 2 chants to learn from Chants #1-10		
1:55 PM	Dance Class		Select your dance - Novice - Advanced Level Dances Game Day - Performance Styles		
2:55 PM	Jump Technique Class		Work on and improve upon jumps & exercises		
3:15 PM	Cheer Class		Select your favorite Cheer from Game Day - Performance		
3:45 PM	Team Time		Team Building Session		
4:00 PM	Tally Ho * * Let's Go		Camp Dismissed!		
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Time	Class		Notes	- (1)	
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Time	Class	ch	Notes		
Time 12:45 PM	Class Staff Meets with Coa	ch	Notes Meet your NCA Sta Team Building Ses	ssion - Novice - Advanced	
Time 12:45 PM 1:00 PM	Class Staff Meets with Coar Team Time		Notes Meet your NCA Sta Team Building Ses Select your dance	ssion	mance Styles
Time 12:45 PM 1:00 PM 1:05 PM	Class Staff Meets with Coar Team Time Dance Class		Notes Meet your NCA Sta Team Building Ses Select your dance Developing the per	ssion - Novice - Advanced Game Day - Perfor	mance Styles osphere!
Time 12:45 PM 1:00 PM 1:05 PM 2:05 PM	Class Staff Meets with Coar Team Time Dance Class Game Day Experience		Notes Meet your NCA Sta Team Building Ses Select your dance Developing the per Select 2 chants to	ssion - Novice - Advanced Game Day - Perfor rfect Game Day atmo	mance Styles osphere! 1-10
Time 12:45 PM 1:00 PM 1:05 PM 2:05 PM 2:20 PM	Class Staff Meets with Coad Team Time Dance Class Game Day Experience Chant Class		Notes Meet your NCA Sta Team Building Ses Select your dance Developing the per Select 2 chants to Great Game Day D	ssion - Novice - Advanced Game Day - Perfor rfect Game Day atmo learn from Chants #	mance Styles osphere! 1-10 ce Team/Mascot
Time 12:45 PM 1:00 PM 1:05 PM 2:05 PM 2:20 PM 2:40 PM	Class Staff Meets with Coan Team Time Dance Class Game Day Experience Chant Class Band Chant		Notes Meet your NCA Sta Team Building Ses Select your dance Developing the per Select 2 chants to Great Game Day D	esion - Novice - Advanced Game Day - Perfore rect Game Day atmo learn from Chants #* Dance to incorp Dance e Cheer from Game	mance Styles osphere! 1-10 ce Team/Mascot



HOME CAMP - 3 DAY



NFHS KEY:

CROWD LEADER	AIVIBASSADUR SP	IKIT KAISEK ATHLETE	ENTERTAINER	LEADERSHIP	
Time	Class	Notes			
12:00 PM	Introductions		Meet your NCA Staff!!		
12:15 PM	Cheerobics	Fun Day warn	Fun Day warm up to get the body moving & ready to go		
12:30 PM	Stunt S.A.F.E.	Philosophy er	sure the safety of all team	ns while stunting	
12:45 PM	Skill Drills	Drills Skills necessary to keep your team safe while stunting			
1:00 PM	Core Stunts	These stunts	These stunts make up the foundation of all stunting		
1:30 PM	Stunt Class	Core+, Novice	e, Intermediate, and Advar	nce Levels A	
2:45 PM	SNACK BREAK				
3:15 PM	Stunt Class	Core+, Novice	e, Intermediate, and Advar	nce Levels A	
4:15 PM	Pyramid Workshop	Team works o	on Static and Transitional	oyramids A	
5:15 PM	Gatorade Break			Α	
5:30 PM	Basket Builders or All-Am	erican Take part in d	rills or optional class for J	H/MS teams A	
6:15 PM	Team Time	Shower of Pra	aise		
6:30 PM	Tally Ho	Camp Dismis	sed!		