



# HOME CAMP - 4 DAY

NOW AND LATER

2020

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
12:45 PM	Staff Meets with Coach	Meet your NCA Staff!!	
1:00 PM	Introductions/Time Time	Staff Into & Team Building	L
1:15 PM	Motion Technique Class	Work on establishing and cleaning motions through the use of motion fundamentals and exercises/games	C
1:35 PM	Chant Class	Select 2 chants to learn from Chants #1-10	C
1:55 PM	Dance Class	Select your dance - Novice - Advanced Level Dances Game Day - Performance Styles	E
2:55 PM	Jump Technique Class	Work on and improve upon jumps & exercises	A
3:15 PM	Cheer Class	Select your favorite Cheer from Game Day - Performance	
3:45 PM	Team Time	Team Building Session	A
4:00 PM	Tally Ho ** Let's Go	Camp Dismissed!	

VIRTUAL DAY 1

Time	Class	Notes	
12:45 PM	Staff Meets with Coach	Meet your NCA Staff!!	
1:00 PM	Team Time	Team Building Session	L
1:05 PM	Dance Class	Select your dance - Novice - Advanced Level Dances Game Day - Performance Styles	E
2:05 PM	Game Day Experience	Developing the perfect Game Day atmosphere!	C
2:20 PM	Chant Class	Select 2 chants to learn from Chants #1-10	C
2:40 PM	Band Chant	Great Game Day Dance to incorp Dance Team/Mascot	S
3:25 PM	Cheer Class	Select your favorite Cheer from Game Day - Performance	C
3:45 PM	Team Time	Team Building Session	L
4:00 PM	Tally Ho ** Let's Go	Camp Dismissed!	

VIRTUAL DAY 2



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Time	Class	Notes	
12:00 PM	Introductions	Meet your NCA Staff!!	
12:15 PM	Cheerobics	Fun Day warm up to get the body moving & ready to go	
12:30 PM	Jump Class	Philosophy ensure the safety of all teams while stunting	A
1:15 PM	Stunt S.A.F.E.	Skills necessary to keep your team safe while stunting	A
1:30 PM	Skill Drills	These stunts make up the foundation of all stunting	A
1:45 PM	Core Stunts	Core+, Novice, Intermediate, and Advance Levels	A
2:30 PM	All-American Cheer	Learn a great performance style cheer!	E
3:00 PM	<b>SNACK BREAK</b>		
3:30 PM	Stunt Class	Core+, Novice, Intermediate, and Advance Levels	A
5:00 PM	Gatorade Break	Get hydrated!!	
5:15 PM	Pyramid Workshop	Team works on Static and Transitional pyramids	A
6:15 PM	Team Time	Team Building Session	
6:30 PM	Tally Ho ** Let's Go	Camp Dismissed! Have a great night!	

LIVE DAY 3

Time	Class	Notes	
9:00 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go	
9:15 AM	Jump Class	Continue to work and improve upon jumps & exercises	
9:45 AM	Stunt Class	Core+, Novice, Intermediate, and Advanced Levels	A
11:00 AM	Specialty Class	Squad's Choice	E
12:00 PM	<b>LUNCH</b>		
12:30 PM	All-American Warm-Up	Optional All-American Team Tryout	
12:45 PM	All-American Tryout	3 stamina jumps, spirited entrance, & Any cheer	
1:30 PM	Basket Builders	Take part in drills or optional class for JH/MS teams	A
2:30 PM	Material Review/Custom Coaching	This is your time to review/work on anything that is needed	
3:10 PM	Team Time	Shower of Praise	L
3:30 PM	Tally Ho ** Let's Go	Camp Dismissed!	

LIVE DAY 4