



VIRTUAL CAMP - 2 DAY

2020

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
8:45 AM	Staff Meets with Coach	Meet your NCA Staff!!	
9:00 AM	Introductions/Time Time	Staff Into & Team Building	L
9:15 AM	Motion Technique Class	Work on establishing and cleaning motions through the use of motion fundamentals and exercises/games	C
9:35 AM	Cheer Class	Select your favorite Cheer from Game Day/Performance	C
	The NCA Game Day Experience	Part 1 of Developing the perfect Game Day atmosphere!	C
10:05 AM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
10:20 AM	Game Day Fundamentals	Learn what makes a solid foundation for Game Day!	C
10:40 AM	Practice Implementing	Use the Game Day Cheer learned during Cheer Class	C
10:55 AM	Jump Technique Class	Work on and improve upon jumps & exercises	A
11:15 AM	Team Time	Team Building Session	A
11:30 AM	LUNCH		
12:00 PM	Chant Class	Select 2 chants to learn from Chants #1-10	C
12:25 PM	Dance Class	Select your dance - Novice - Advanced Level Dances Game Day - Performance Styles	E
1:25 PM	Team Time	Team Building Session	A
1:40 PM	Material Review / Optional All-American Cheer		
2:00 PM	Tally Ho * * Let's Go	Camp Dismissed!	

VIRTUAL DAY 1

Time	Class	Notes	
8:45 AM	Staff Meets with Coach	Meet your NCA Staff!!	
9:00 AM	Team Time	Team Building Session	L
9:15 AM	Dance Class	Select your dance - Novice - Advanced Level Dances Game Day - Performance Styles	E
	The NCA Game Day Experience	Part 1 of Developing the perfect Game Day atmosphere!	C
10:15 AM	Game Day Props	How to properly use props and people on game day!!	C
10:30 AM	Performing with Props	Practical application using signs, poms, flags & megs	C
10:45 AM	Game Day Skills	Enhance your Game Day with appropriate skills	C
11:00 AM	Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
11:10 AM	Chant Class	Select 2 chants to learn from Chants #1-10	C
11:30 AM	LUNCH		C
12:00 PM	Band Chant	Great Game Day Dance to incorp Dance Team/Mascot	S
12:30 PM	Cheer Class	Select your favorite Cheer from Game Day - Performance	C
1:00 PM	Team Time	Team Building Session	L
1:20 PM	Material Review / Optional All-American Tryout		
1:45 PM	Squad Credentialing Presentation		
2:00 PM	Tally Ho * * Let's Go	Camp Dismissed!	

VIRTUAL DAY 2