



HOME CAMP - 3 DAY

NOW AND LATER

2020

NFHS KEY:

** This camp type is an all in-person camp being held at two different times **

CROWD LEADER

AMBASSADOR

SPIRIT RAISER

ATHLETE

ENTERTAINER

LEADERSHIP

Time	Class	Notes	
11:30 AM	Staff Meets with Coach	Meet your NCA Staff!!	
12:00 PM	Introductions	Staff introductions	
12:15 PM	Band Chant	Great Game Day Dance to incorp Dance Team/Mascot	E
1:00 PM	Motion Technique Class	Work on establishing and cleaning motions through the	C
1:15 PM	Cheer Class	Learn Game Day Cheer #1 and Performance Cheer #1	C
1:45 PM	Chant Class	Select 2 chants to learn from Chants #1-10	C
2:05 PM	Team Time	Intro to our camp theme! / Coaches meet w/ buddy	S
2:20 PM	Jump Technique Class	Work on and improve upon jumps & exercises	A
3:00 PM	Snack Break		
	The NCA Game Day Experience	Developing the perfect Game Day atmosphere!	C
3:30 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
3:45 PM	Game Day Fundamentals	Learn what makes a solid foundation for Game Day!	C
4:00 PM	Practice Implementing	Use the Game Day Cheer learned during Cheer Class	C
4:25 PM	Game Day Props	How to properly use props and people on game day!!	C
4:40 PM	Performing with Props	Practical application using signs, poms, flags & meg	C
5:05 PM	Game Day Skills	Enhance your Game Day with appropriate skills	C
5:20 PM	Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
5:30 PM	Spirit Dance	Novice Level Dance	E
6:10 PM	Team Time	Team Building Activities	L
6:30 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1 - NOW

Time	Class	Notes	
9:00 AM	Team Time	Camp Starts / Coaches head to meeting location	L
9:20 AM	Cheerobics	Fun warm up to get the body moving and ready to go	
9:30 AM	Jump Class	Work on and improve upon jumps & exercises	A
10:00 AM	Dance Class	Select your dance - Novice - Advanced Level Dances	E
11:30 AM	All-American Cheer	This cheer is used for All-American Tryouts ONLY	A
12:00 PM	LUNCH		
1:00 PM	Custom Coaching *	1 st Eval on Band Chant	C
1:40 PM	Evaluation	2 nd Evaluation of the Band Chant	E
2:00 PM	All-American Warm-Up	Optional All-American Team Tryout	
2:15 PM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
3:00 PM	Dance Class	Squad's Choice	E
3:50 PM	Team Time	Shower of Praise	L
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 2 - NOW

Time	Class	Notes	
11:30 AM	Staff Meets with Coach		
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	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
12:45 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
1:00 PM	Core Stunts	These stunts make up the foundation of all stunting	A
1:45 PM	Stunt Class	Core+, Novice, Intermediate, and Advance Levels	A
3:00 PM	Snack Break		
3:30 PM	Stunt Class	Core+, Novice, Intermediate, and Advance Levels	A
4:30 PM	Pyramid Workshop	Team works on Static and Transitional pyramids	A
5:30 PM	Gatorade Break		A
5:45 PM	Basket Builders	Take part in drills or optional class for JH/MS teams	A
6:30 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 3 - LATER

NOTES:

* Opportunity for home fight song and additional material feedback.