



2020 NCA Leadership Home Camp 4 Day

NOW & LATER



VIRTUAL DAY 1		VIRTUAL DAY 2		LIVE DAY 3		LIVE DAY 4	
12:45	Staff Meets with Coach	12:45	Staff Meets with Coach	11:45	Staff Meets with Coach	9:00	 Leadership
1:00	Introductions	1:00	 Leadership	12:00	 Leadership	9:30	Cheerobics
	 Leadership	1:15	Dance Class	12:15	Cheerobics	9:45	Pyramid Workshop
1:20	Motion Technique Class	1:45	Game Day Class	12:30	Jump Class	10:45	Rally Routine
1:35	Chant Class	2:30	Chant Class	1:00	Stunt S.A.F.E.	11:45	Lunch
1:55	Band Chant	2:45	Cheer Class	1:15	Skill Drills	12:15	All-American Warm Up
2:55	Jump Technique Class	3:00	Sideline Dances	1:30	Core Stunts	12:30	All-American Tryout
3:15	Cheer Class	3:30	 Leadership	2:15	All-American Cheer	1:15	Game Day Class
3:40	 Leadership	4:00	Tally Ho	2:45	Snack Break	2:15	Material Review / 1-on-1
4:00	Tally Ho				 Leadership	3:00	 Leadership
				3:15	Stunt Class	3:30	Tally Ho
				4:15	Rally Routine		
				5:15	Gatorade Break		
				5:30	Basket Builders		
				6:00	 Leadership		
				6:30	Tally Ho		

NFHS Pillars

L – Leadership,
AM – Ambassador, SR – Spirit
Raiser, CL – Crowd Leader,
E – Entertainer

