



Performance Clinic - 3 hr

2020

Time	Class	Notes
8:45 AM	Staff Meets with Coach	Meet your NCA Staff!!
9:00 AM	Introductions	Staff & Team Intos
9:15 AM	Motion Technique Class	Work on establishing and cleaning motions
9:30 AM	Performance Cheer Class	Select your favorite Performance Cheer
	NCA Performance 101	
10:00 AM	Common Props	The most commonly used props during performances
10:10 AM	Performing with Props	How to properly use props and people when performance
10:20 AM	Jump Technique Class	Work on and improve upon jumps & exercises
	NCA Performance 101	
10:50 AM	Performance Skills	Enhance your Performance with appropriate skills
11:00 AM	Final Thoughts	Bring it all together for the ultimate performance!
11:10 AM	Dance Class	Select your dance - Novice - Advanced Level Dances
12:00 PM	Tally Ho * * Let's Go	Camp Dismissed!

1 DAY - 3 HOUR