



DAY CAMP - 3 DAY

2021

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFHS
9:00 AM	Opening Rally	Meet your NCA Staff!!	
9:15 AM	Material Demos	Band Dance, Game Day #1 & a Chant w/ 3-3-3 method	
9:30 AM	Band Chant / Coaches' Meeting	Great Game Day Dance to incorp Dance Team/Mascot	E
10:00 AM	Cheer Class	Learn Game Day Cheer #1 or #2	C
10:30 AM	Chant Class	Select your favorite chant to learn from Chants #1-10	C
11:00 AM	Buddy Time	Introductions, Spirit Book, National Bid/NFHS Process	L
11:15 AM	Stunt S.A.F.E. / Coaches Return	Philosophy ensure the safety of all teams while stunting	A
11:30 AM	Skill Drills	Skills necessary to keep your team safe while stunting	A
11:45 AM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ buddy	S
12:00 PM	LUNCH		
1:00 PM	Core Stunts	These stunts make up the foundation of all stunting	A
1:45 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
	The NCA Game Day Experience	Developing the perfect Game Day atmosphere!	C
2:00 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
2:10 PM	Game Day Fundamentals	Learn what makes a solid foundation for Game Day!	C
2:20 PM	Practice Implementing	Use the Game Day Cheer learned during Cheer Class	C
2:45 PM	Game Day Props	How to properly use props and people on game day!!	C
2:55 PM	Performing with Props	Practical application using signs, poms, flags & meggs	C
3:20 PM	Game Day Skills	Enhance your Game Day with appropriate skills	C
3:30 PM	Time to Stunt with Props	Work on getting in/out of stunts with props	C
3:50 PM	Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
4:00 PM	Leader's Reception/Material Review	Team Leaders meet with their NCA Buddy instructor	S
4:20 PM	Team Time	Team Building Class	L
4:45 PM	Announcements		
4:55 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
5:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes2 IS
8:45 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
9:00 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	L
9:10 AM	Cheerobics	Fun warm up to get the body moving and ready to go	
9:20 AM	Jump Class	Work on and improve upon jumps & exercises	A
9:50 AM	Stunt Class	Core+, Novice, Intermediate, and Advanced Levels	A
11:20 AM	Dance Showcase	Demo of Hip Hop Dance & Spirit Dance	A
11:30 AM	All-American Cheer & Demo	This cheer is used for All-American Tryouts ONLY	
12:00 PM	LUNCH		
1:00 PM	Custom Coaching #1	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	C
1:30 PM	Custom Coaching #2	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:00 PM	Custom Coaching #3	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:30 PM	Specialty Classes (Regional)	Spirit/Pom/Hip Hop Dance, AA Workshop & Stunt Class	E
3:30 PM	Warm-up for Evaluation	Team Leaders attend additional leadership classes	
3:45 PM	Evaluation	2 nd Evaluation of a Cheer & Chant	E
4:15 PM	Top Team and All-American Sign-Up	Optional final day competition sign up	E
4:30 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
4:40 PM	Team Time	Shower of Praise	A
4:55 PM	Tally Ho	Camp Dismissed! Have a great night!	

FUN DAY 2

* Opportunity for home fight song and additional material feedback.



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Time	Class	Notes	Notes2 IS
8:45 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
9:00 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	L
9:10 AM	Cheerobics	Fun warm up to get the body moving and ready to go	
9:20 AM	Stunt Class	Core+, Novice, Intermediate, and Advance Levels	A
10:20 AM	Pyramid Workshop	Team works on Static and Transitional pyramids	A
11:05 AM	All-American Warm-Up	Optional All-American Team Tryout	
11:15 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
12:00 PM	LUNCH		
1:00 PM	Custom Coaching #2	1 st Eval on Band Chant w/ NCA Buddy	C
1:30 PM	Custom Coaching #3	1 st Eval on Band Chant w/ NCA Buddy	C
2:00 PM	Custom Coaching #1	1 st Eval on Band Chant w/ NCA Buddy	C
2:30 PM	Final Evaluation	2 nd Evaluation of the Band Chant	E
3:15 PM	Final Day Competition Warm-Up	All final day competitions are optional	
	Final Day Competitions	Each team can compete in up to 2 categories	
3:30 PM	Top Team Chant	No Entrance, as taught, 3-3-3, Allow levels and ripples	C
3:50 PM	Top Team Band Chant	Crowd effective & practical. No Stunts or Tumbling	C
4:10 PM	Top Team Cheer	Showcasing team skills and crowd leading abilities	C
4:30 PM	Awards Presentation	Camp awards handed out.	
4:45 PM	Closing	Final thoughts and message to camp	

DAY 3

Notes:

