



2021 NCA Leadership 3 Day Home Camp



DATE

DAY 1		DAY 2		DAY 3	
11:30	Staff Meets with Coach	9:00	Leadership - L	9:00	Leadership - L
12:00	Introductions / Camp Starts	9:30	Cheerobics / Band Chant Review - A	9:30	Cheerobics / Band Chant Review - A
12:15	Camp Cheer - CL	9:45	Dance Class - E	10:00	Sideline Dances - CL
12:45	Timeout Dance - E	10:15	Game Day Class (bring props) - CL	10:15	Rally Routine #3 - SR
1:15	Chants - CL	11:15	Leadership - L	10:45	Workshop / Evaluation Game Day Cheer
1:30	Jumps - A		LUNCH	11:00	Game Day Class - CL
1:50	Credentialing - AM			11:30	Leadership - L
2:00	Stunt SAFE - A				LUNCH
2:05	Skill Drills - A	1:00	All American (if applicable) - E	12:00	
2:15	Core Stunts / Skill Check - A	1:15	Stunts - A		
2:45	Leadership - L	2:15	Workshop / Evaluation - Game Day Chant CL	1:00	All Material Review
3:15	SNACK BREAK	2:45	Dance and Band Chant Review	1:15	Game Day Practice - CL
3:45	Material Review	3:15	Pyramids - A	2:00	Rally Routine Practice - SR
3:55	Band Chant - SR	3:45	Rally Routine #2 - SR	2:45	Band Chant Practice - SR
4:30	Stunts - A	4:00	Leadership - L	3:00	Showoff for Parents
5:15	Rally Routine #1 - SR	4:30	Tally Ho!	3:30	Leadership - L
5:45	Leadership - L			4:00	Tally Ho!
6:00	Tally Ho!				

NFHS Pillars

- A – Athlete
- AM – Ambassador
- CL – Crowd Leader
- L – Leadership
- E – Entertainer
- SR – Spirit Raiser

It's All About the Journey!

