



# OVERNIGHT - 4 DAY

2022

NFHS KEY:

|              |            |               |         |             |            |
|--------------|------------|---------------|---------|-------------|------------|
| CROWD LEADER | AMBASSADOR | SPIRIT RAISER | ATHLETE | ENTERTAINER | LEADERSHIP |
|--------------|------------|---------------|---------|-------------|------------|

| Time    | Class                              | Notes                                                      | NFHS |
|---------|------------------------------------|------------------------------------------------------------|------|
| 1:00 PM | Opening Rally                      | Meet your NCA Staff!!                                      |      |
| 1:15 PM | Material Demos                     | GD #1, Perf #1, Chant w/ 3-3-3 method, Band Chant          |      |
| 1:30 PM | Band Chant / Coaches' Meeting      | Great Game Day Dance to incorp Dance Team/Mascot           | E    |
| 2:15 PM | Cheer Class                        | Learn Game Day Cheer #1 and Performance Cheer #1           | C    |
| 2:45 PM | Chant Class                        | Select 2 chants to learn from Chants #1-5                  | C    |
| 3:15 PM | Buddy Time                         | Introductions, Spirit Book, National Bid/NFHS Process      | L    |
| 3:45 PM | Stunt S.A.F.E. / Coaches Return    | Philosophy ensure the safety of all teams while stunting   | A    |
| 4:00 PM | Skill Drills                       | Skills necessary to keep your team safe while stunting     | A    |
| 4:15 PM | Team Time / Coaches Reception      | Intro to our camp theme! / Coaches meet w/ Buddy           | S    |
| 4:30 PM | <b>DINNER</b>                      |                                                            |      |
| 5:30 PM | Practice Time with Coach           | Optional practice time if needed                           |      |
| 6:00 PM | Core Stunts                        | These stunts make up the foundation of all stunting        | A    |
| 6:45 PM | Skill Check                        | Evaluate the current level of the team for stunt classes   | A    |
|         | <b>The NCA Game Day Experience</b> | Developing the perfect Game Day atmosphere!                | C    |
| 7:00 PM | Game Day Entrance                  | NCA Staff will demo a Game Day Entrance & Cheer            | C    |
| 7:05 PM | Game Day Fundamentals              | Learn what makes a solid foundation for Game Day!          | C    |
| 7:10 PM | Practice Implementing              | Use the Game Day Cheer learned during Cheer Class          | C    |
| 7:25 PM | Game Day Props                     | How to properly use props and people on game day!!         | C    |
| 7:30 PM | Performing with Props              | Practical application using signs, poms, flags & megs      | C    |
| 7:45 PM | Game Day Skills                    | Enhance your Game Day with appropriate skills              | C    |
| 7:50 PM | Time to Stunt with Props           | Work on getting in/out of stunts with props                | C    |
| 8:05 PM | Final Thoughts                     | Bring it all together to make the ultimate GD Experience!  | C    |
| 8:10 PM | Leader's Reception/Material Review | Team Leaders meet with their NCA Buddy instructor          | S    |
| 8:30 PM | Team Time                          | Team Building Activities                                   | L    |
| 8:50 PM | Announcements                      |                                                            |      |
| 8:55 PM | Spirit Sticks                      | Given to teams exemplifying team spirit throughout the day |      |
| 9:00 PM | Tally Ho                           | Camp Dismissed! Have a great night!                        |      |

DAY 1

| Time     | Class                                 | Notes                                                          | Notes 2 IS |
|----------|---------------------------------------|----------------------------------------------------------------|------------|
| 8:15 AM  | Leaders in Training                   | Team Leaders attend additional leadership classes              | L          |
| 8:30 AM  | Team Time / Coaches' Meeting          | Camp Starts / Coaches head to meeting location                 | L          |
| 8:40 AM  | Cheerobics                            | Fun warm up to get the body moving and ready to go             |            |
| 8:50 AM  | Jump Class                            | Work on and improve upon jumps & exercises                     | A          |
| 9:20 AM  | Chant Class                           | Select 2 chants to learn from Chants #6-10                     | C          |
| 9:50 AM  | Stunt Class / Coaches Return          | Core+, Novice, Intermediate, and Advanced Levels               | A          |
| 10:50 AM | Basket Builders                       | Take part in drills or optional class for JH/MS teams          | A          |
| 11:20 AM | Dance Showcase                        | Demo of Hip Hop and Advanced Dance                             |            |
| 11:30 AM | <b>LUNCH</b>                          |                                                                |            |
| 12:30 PM | Practice Time with Coach              | Optional practice time if needed                               |            |
| 1:00 PM  | Custom Coaching #1                    | 1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy | C          |
| 1:30 PM  | Custom Coaching #2                    | 1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy | C          |
| 2:00 PM  | Custom Coaching #3                    | 1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy | C          |
| 2:30 PM  | Pyramid Workshop                      | Team works on Static and Transitional pyramids                 | A          |
| 3:30 PM  | Specialty Classes (Regional)          | Hip Hop Dance, Advanced Dance & Stunt Class                    | E          |
| 4:30 PM  | <b>DINNER</b>                         |                                                                |            |
| 5:30 PM  | Practice Time with Coach              | Optional practice time if needed                               |            |
| 6:00 PM  | Custom Coaching #3                    | Buddy Swap - Work on anything *                                | C          |
| 6:20 PM  | Custom Coaching #1                    | Buddy Swap - Work on anything *                                | C          |
| 6:40 PM  | Custom Coaching #2                    | Buddy Swap - Work on anything *                                | C          |
| 7:00 PM  | Evaluation                            | 2 <sup>nd</sup> Evaluation of a Cheer (with entrance) & Chant  | E          |
| 8:00 PM  | Team Time                             | Team Building Activities                                       | A          |
| 8:30 PM  | Spirit Sticks / Stick Skits / Mascots | Given to teams exemplifying team spirit throughout the day     |            |
| 9:00 PM  | Tally Ho                              | Camp Dismissed! Remember, tomorrow is FUN DAY!!                |            |

DAY 2

\* Opportunity for home fight song and additional material feedback.



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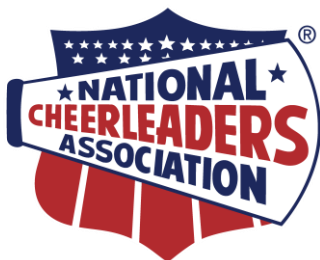
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|--------------|------------|---------------|---------|-------------|------------|
| CROWD LEADER | AMBASSADOR | SPIRIT RAISER | ATHLETE | ENTERTAINER | LEADERSHIP |
|--------------|------------|---------------|---------|-------------|------------|

| Time     | Class                             | Notes                                                       | 2 | 3 |
|----------|-----------------------------------|-------------------------------------------------------------|---|---|
| 8:15 AM  | Leaders in Training               | Team Leaders attend additional leadership classes           | L |   |
| 8:30 AM  | Team Time / Coaches' Meeting      | Camp Starts / Coaches head to meeting location              | S |   |
| 8:50 AM  | Band Chant Review                 | Review Band Chant for Custom Coaching                       |   |   |
| 9:05 AM  | Cheerobics                        | Fun Day warm up to get the body moving & ready to go        |   |   |
| 9:15 AM  | Jump Class                        | Continue to work and improve upon jumps & exercises         | A |   |
| 9:45 AM  | Stunt Class / Coaches Return      | Core+, Novice, Intermediate, and Advanced Levels            | A |   |
| 11:00 AM | All-American Cheer & Demo         | This cheer is used for All-American Tryouts ONLY            |   |   |
| 11:30 AM | <b>LUNCH</b>                      |                                                             |   |   |
| 12:30 PM | Practice Time with Coach          | Optional practice time if needed                            |   |   |
| 1:00 PM  | Custom Coaching #2                | 1 <sup>st</sup> Eval on Band Chant w/ NCA Buddy             | C |   |
| 1:30 PM  | Custom Coaching #3                | 1 <sup>st</sup> Eval on Band Chant w/ NCA Buddy             | C |   |
| 2:00 PM  | Custom Coaching #1                | 1 <sup>st</sup> Eval on Band Chant w/ NCA Buddy             | C |   |
| 2:30 PM  | Pyramid Workshop                  | Team works on Static and Transitional pyramids              | A |   |
| 3:30 PM  | Specialty Classes (Regional)      | Pom Dance, Sideline Spirit Dance, AA Workshop & Stunt Class | E |   |
| 4:30 PM  | <b>DINNER</b>                     |                                                             |   |   |
| 5:30 PM  | Practice Time with Coach          | Optional practice time if needed                            |   |   |
| 6:00 PM  | Custom Coaching #1                | Buddy Swap - Work on anything *                             | C |   |
| 6:20 PM  | Custom Coaching #2                | Buddy Swap - Work on anything *                             | C |   |
| 6:40 PM  | Custom Coaching #3                | Buddy Swap - Work on anything *                             | C |   |
| 7:00 PM  | Final Evaluation                  | 2 <sup>nd</sup> Evaluation of the Band Chant                | E |   |
| 8:00 PM  | Top Team and All-American Sign-Up | Optional final day competition sign up                      | E |   |
| 8:15 PM  | Spirit Sticks                     | Given to teams exemplifying team spirit throughout the day  |   |   |
| 8:30 PM  | Team Time                         | Shower of Praise                                            | L |   |
| 9:00 PM  | Tally Ho                          | Camp Dismissed! Have a great night!                         |   |   |

FUN DAY 3

| Time     | Class                         | Notes                                                    | Notes2 | IS |
|----------|-------------------------------|----------------------------------------------------------|--------|----|
| 8:30 AM  | Coaches' Meeting              |                                                          |        |    |
|          | All-American Warm-Up          | Optional All-American Team Tryout                        |        |    |
| 8:45 AM  | All-American Tryout           | 3 stamina jumps, spirited entrance, & AA cheer           |        |    |
| 9:30 AM  | Final Day Competition Warm-Up | All final day competitions are optional                  |        |    |
|          | <b>Final Day Competitions</b> | Each team can compete in up to 2 categories              |        |    |
| 9:50 AM  | Top Team Chant                | No Entrance, as taught, 3-3-3, Allow levels and ripples  | C      |    |
| 10:10 AM | Top Team Band Chant           | Crowd effective & practical. No Stunts or Tumbling       | C      |    |
| 10:40 AM | Top Team Cheer                | Showcasing team skills and crowd leading abilities       | C      |    |
| 11:10 AM | Material Showcase             | Advanced, Hip Hop & Spirit Dance / AA Cheer / Seniors    |        |    |
| 11:25 AM | Awards Presentation           | Camp awards handed out                                   |        |    |
| 11:40 AM | Spirit Sticks                 | Take it home with you, if you earn one on the final day! |        |    |
| 11:45 AM | Closing                       | Final thoughts and message to camp                       |        |    |
| 12:00 PM | Tally Ho                      | Camp Dismissed!! Travel safe!                            |        |    |

DAY 4



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