



CHOREOGRAPHY CAMP

2023

NFHS KEY:

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

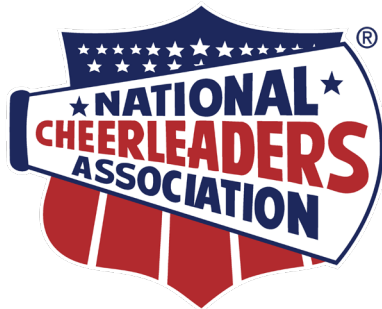
| Time | Class | Notes | |
|----------|--------------------------------|--|---|
| 8:30 AM | Choreographer Meets with Coach | Introductions and overview of expectations | |
| 9:00 AM | Choreography Overview | Meet team & explain processes/methods | |
| 9:05 AM | Stunt S.A.F.E. | Philosophy ensuring safety of all teams while stunting | A |
| 9:10 AM | Skill Drills | Skills necessary to keep your team safe while stunting | A |
| 9:20 AM | Choreography (MUSIC SECTION) | Start from beginning and work routine elements | E |
| 12:00 PM | LUNCH | | |
| 1:00 PM | Sign & Pom Seminar | Teach proper game day techniques with props | S |
| 1:10 PM | Choreography (CHEER) | Work cheer section of the routine | C |
| 3:40 PM | St. Jude Talk | Distribute letters to athletes | A |
| 3:55 PM | Team Time/Tally Ho! | Squad bonding/Talk about expectations for Day 2 | L |

DAY 1

NOTES:

| Time | Class | Notes | |
|----------|-----------------------------|---|---|
| 9:00 AM | Collect St. Jude Letters | 2 per athlete/Review choreography from Day 1 | A |
| 9:15 AM | Choreography (MUSIC) | Continue from last session and rework/edit elements | E |
| 12:00 PM | LUNCH | | |
| 1:00 PM | Choreography (DANCE) | Work dance section of the routine | E |
| 2:00 PM | Stunts & Pyramids | Review technique for stunts and create pyramids | A |
| 3:00 PM | Choreography (FULL ROUTINE) | Finalize any elements missing in routine | E |
| 3:50 PM | Team Time | Debrief & wrap up loose ends/Positive circle | L |
| 4:00 PM | Tally Ho! | Close up with Coach and get feedback | |

DAY 2



nca.varsity.com | 800.NCA.2WIN

