



DAY CAMP - 2 DAY

2023

NFHS KEY:

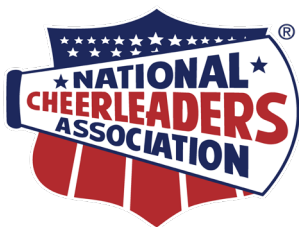
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFHS
9:00 AM	Opening Rally	Meet your NCA Staff!!	
9:15 AM	Material Demos	Band Dance, Game Day #1 & a Chant w/ 1-3-1 method	
9:30 AM	Band Chant / Coaches' Meeting	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	Stunt Foundations	Core stunts & technique make up the foundation 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
2:35 PM	Game Day Props	How to properly use props & people on game day!!	C
2:45 PM	Performing with Props	Practical application using signs, poms, flags & megas	C
3:00 PM	Game Day Skills	Enhance your Game Day with appropriate skills	C
3:10 PM	Time to Stunt with Props	Work on getting in/out of stunts with props	C
3:25 PM	Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
3:35 PM	Leader's Reception/Material Review	Team Leaders meet with their NCA Buddy instructor	S
3:35 PM	Team Time		L
3:50 PM	Announcements		
3:55 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes2 (S)
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 / Band Chant Review	Fun warm up to get the body moving & ready to go	
9:20 AM	Jump Class	Work on & improve upon jumps & exercises	A
9:50 AM	Stunt Class	Core+, Stunt Progressions 1, 2, & 3 w/ prop incorp	C
10:50 AM	Specialty Class	Demo of Hip Hop Dance or Spirit Dance/Opt. Stunt	E
11:30 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
12:00 PM	LUNCH		
1:00 PM	Custom Coaching #2	1st Eval on Cheer & Chant or Band Chant	C
1:20 PM	Custom Coaching #3	1st Eval on Cheer & Chant or Band Chant	C
1:40 PM	Custom Coaching #1	1st Eval on Cheer & Chant or Band Chant	C
2:00 PM	Final Evaluation	2nd Evaluation of a Cheer & Chant or Band Chant	E
2:30 PM	Final Day Competition Warm-Up	All final day competitions are optional	
	Final Day Competitions	Teams can compete in ALL 3	
2:45 PM	Top Team Chant	No Entrance, as taught, 1-3-1, Allow levels & ripples	C
3:05 PM	Top Team Band Chant	Crowd effective & practical. No Stunts or Tumbling	C
3:25 PM	Top Team Cheer	Showcasing team skills & crowd leading abilities	C
3:45 PM	Awards Presentation	Camp awards h&ed out	
4:00 PM	Closing	Final thoughts & message to camp	

FUN DAY 2



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