DAY CAMP - 3 DAY

CROWD LEADER AMBASSADOR SPIRIT RAISER ATHLETE ENTERTAINER LEADERSHIP Time Class Notes NFH S 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 C 0:00 AM Cheer Class Learn Game Day Cheer #1 or #2 C 0 0:00 AM Cheer Class Learn Game Day Cheer #1 or #2 C 0 0:00 AM Eddy Time Introductions, Spirit Book, National Bid/NFHS Process 1 1:15 AM Stult S.A.F.E. / Coaches Return Philosophy ensure the safety of all teams while stunting A 11:13 AM Skill Drills Skill Drills Skill Check Evaluate the current level of the team for stunt classes A 1:40 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 2:200 PM Game Day Fundamentals Learn what makes a solid foundation for Game Day! C 2:20 PM	NFHS KEY:				
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Leaders in Training	Team Leaders attend additional leadership classes	_
Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	
Cheerobics	Fun warm up to get the body moving & ready to go	
Jump Class	Work on & improve upon jumps & exercises	
Stunt Class	Core+, Stunt Progressions 1, 2, & 3 w/ prop incorp	
Dance Showcase	Demo of Hip Hop Dance & Spirit Dance	
All-American Cheer & Demo	This cheer is used for All-American Tryouts ONLY	
LUNCH		
Custom Coaching #1	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	
Custom Coaching #2	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	
Custom Coaching #3	1 st Eval on Cheer (with entrance) & Chant w/ Buddy	
Specialty Classes (Regional)	Spirit/Pom/Hip Hop Dance, AA Workshop & Opt. Stunt	
Warm-up for Evaluation	Team Leaders attend additional leadership classes	
Evaluation	2 nd Evaluation of a Cheer & Chant	
Top Team & All-American Sign-Up	Optional final day competition sign up	
Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
Team Time	Shower of Praise A	A
Tally Ho	Camp Dismissed! Have a great night!	
	Team Time / Coaches' Meeting Cheerobics Jump Class Stunt Class Dance Showcase All-American Cheer & Demo LUNCH Custom Coaching #1 Custom Coaching #2 Custom Coaching #3 Specialty Classes (Regional) Warm-up for Evaluation Evaluation Top Team & All-American Sign-Up Spirit Sticks Team Time	Team Time / Coaches' Meeting Camp Starts / Coaches head to meeting location Cheerobics Fun warm up to get the body moving & ready to go Jump Class Work on & improve upon jumps & exercises Stunt Class Core+, Stunt Progressions 1, 2, & 3 w/ prop incorp Dance Showcase Demo of Hip Hop Dance & Spirit Dance All-American Cheer & Demo This cheer is used for All-American Tryouts ONLY LUNCH Custom Coaching #1 Custom Coaching #2 1 st Eval on Cheer (with entrance) & Chant w/ Buddy Custom Coaching #3 1 st Eval on Cheer (with entrance) & Chant w/ Buddy Custom Coaching #3 1 st Eval on Cheer (with entrance) & Chant w/ Buddy Specialty Classes (Regional) Spirit/Pom/Hip Hop Dance, AA Workshop & Opt. Stunt Warm-up for Evaluation Team Leaders attend additional leadership classes Evaluation 2 nd Evaluation of a Cheer & Chant Top Team & All-American Sign-Up Optional final day competition sign up Spirit Sticks Given to teams exemplifying team spirit throughout the day Team Time Shower of Praise

* Opportunity for home fight song & additional material feedback.

DAY CAMP - 3 DAY

NFHS KEY:						
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP	
Time	Class		Notes		Notes2	ls
8:45 AM	Leaders in Training]	Team Leaders atte	end additional leade	ership classes	L
9:00 AM	Team Time / Coac	hes' Meeting	Camp Starts / Coaches head to meeting location			L
9:10 AM	Cheerobics		Fun warm up to get the body moving & ready to go			
9:20 AM	Stunt Class Core+, Stunt Progressions 1, 2, & 3, Cradles				Cradles	A
10:20 AM	Pyramid Workshop Team works on Static & Transitional pyramids				oyramids	A
11:05 AM	All-American Warm-Up Optional All-American Team Tryout					
11:15 AM	All-American Tryou	ıt	3 stamina jumps, spirited entrance, & AA cheer			
12:00 PM	LUNCH					
1:00 PM	Custom Coaching	#2	1st Eval on Band (Chant w/ NCA Budo	ły	C
1:20 PM	Custom Coaching #3		1st Eval on Band Chant w/ NCA Buddy		C	
1:40 PM	Custom Coaching	Custom Coaching #1		1st Eval on Band Chant w/ NCA Buddy		С
2:00 PM	Final Evaluation		2nd Evaluation of	he Band Chant		E
2:30 PM	Final Day Competi	tion Warm-Up	All final day compe	titions are optional		- C.
	Final Day Competer	titions	Teams can compe	te in ALL 3		
2:45 PM	Top Team Chant		No Entrance, as ta	ught, 1-3-1, Allow I	evels & ripples	С
3:05 PM	Top Team Band C	hant	Crowd effective &	practical. No Stunt	s or Tumbling	С
3:25 PM	Top Team Cheer		Showcasing team	skills & crowd leadi	ng abilities	С
3:45 PM	Awards Presentation	on	Camp awards h&e	d out.		
4:00 PM	Closing		Final thoughts & m	essage to camp		

Notes:





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