



# DAY CAMP - 3 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	<b>LUNCH</b>		
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
	<b>The NCA Game Day Experience</b>	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	Team Building Class	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 IS
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	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	A
11:20 AM	Dance Showcase	Demo of Hip Hop Dance & Spirit Dance	A
11:30 AM	All-American Cheer & Demo	This cheer is used for All-American Tryouts ONLY	
12:00 PM	<b>LUNCH</b>		
1:00 PM	Custom Coaching #1	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
1:20 PM	Custom Coaching #2	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
1:40 PM	Custom Coaching #3	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:00 PM	Specialty Classes (Regional)	Spirit/Pom/Hip Hop Dance, AA Workshop & Opt. Stunt	E
2:45 PM	Warm-up for Evaluation	Team Leaders attend additional leadership classes	
3:00 PM	Evaluation	2 <sup>nd</sup> Evaluation of a Cheer & Chant	E
3:30 PM	Top Team & All-American Sign-Up	Optional final day competition sign up	E
3:40 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
3:50 PM	Team Time	Shower of Praise	A
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

FUN DAY 2

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



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2023

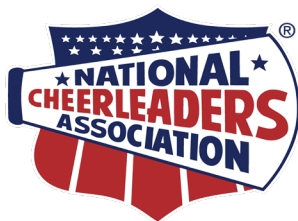
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8:45 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
9:00 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	L
9:10 AM	Cheerobics	Fun warm up to get the body moving & ready to go	
9:20 AM	Stunt Class	Core+, Stunt Progressions 1, 2, & 3, Cradles	A
10:20 AM	Pyramid Workshop	Team works on Static & Transitional pyramids	A
11:05 AM	All-American Warm-Up	Optional All-American Team Tryout	
11:15 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
12:00 PM	<b>LUNCH</b>		
1:00 PM	Custom Coaching #2	1st Eval on Band Chant w/ NCA Buddy	C
1:20 PM	Custom Coaching #3	1st Eval on Band Chant w/ NCA Buddy	C
1:40 PM	Custom Coaching #1	1st Eval on Band Chant w/ NCA Buddy	C
2:00 PM	Final Evaluation	2nd Evaluation of the Band Chant	E
2:30 PM	Final Day Competition Warm-Up	All final day competitions are optional	
	<b>Final Day Competitions</b>	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	

DAY 3

Notes:



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