



# GET SHOCKED - 4 DAY

2023

CROWD LEADER    AMBASSADOR    SPIRIT RAISER    ATHLETE    ENTERTAINER    LEADERSHIP

Time	Class	Notes	
1:00 PM	Opening Rally & Demos	Meet your NCA Staff and preview the camp material!	
1:25 PM	Get Shocked Dance/Motion Clinic	Learn the official dance for GS Camps & choreo incorp!	E
	Coaches' Meeting	Meet your Head Instructors & fellow coaches at camp!	
2:00 PM	All-American Cheer & Chant #1	AA Cheer for Tryouts; Chant for Night 1 Evaluations!	C
2:25 PM	Buddy Time	Campers meet their NCA Buddy & Choreographer!	L
	Coaches' Meeting w/ Choreographers	Meet your NCA Choreographer & talk about your routine!	
2:45 PM	Stunt S.A.F.E.	Philosophy to ensure safety of teams while stunting	A
2:50 PM	Safety Drills	Skills necessary to keep your team safe while stunting	A
3:05 PM	Stunt Foundations	Learn the GS techniques and progressions!	A
3:55 PM	Coaches' Meeting w/ Buddy	Meet your NCA Buddy & set goals for the week!	
3:55 PM	Safety Awareness Test	Testing the camper's knowledge of safety practices	
4:10 PM	Camp Details & Rules	Camp Manager & HI's rules for campers	
4:15 PM	Team Time	SPIRIT IS FOREVER!	S
4:30 PM	<b>DINNER</b>	Be back by 5:40p for GAME DAY ENTRANCE!!!	
5:45 PM	<b>Shock Rotation #1</b>	Choreography and Traditional Breakout!	
	The NCA Game Day Experience (30min)	Big 3 Game Day Fundamentals/Props/Skills & Chant Review	C
	Jump Class (30min)	Jump Techniques and Strengthening/Combo Jumps	A
	Choreography Session (1hour)	Focus on the 1st half of the Routine	E
6:55 PM	<b>Shock Rotation #2</b>	Choreography and Traditional Breakout!	
	The NCA Game Day Experience (30min)	Big 3 Game Day Fundamentals/Props/Skills & NCA Chant Review	C
	Jump Class (30min)	Jump Techniques and Strengthening/Combo Jumps	A
	Choreography Session (1hour)	Focus on the 1st half of GS Jam Routine	E
8:00 PM	NCA Top Gun Prelims	Top Gun Jumper & Top Gun Tumbler	
8:25 PM	NCA Chant Evaluation	Night 1 Evaluation	
8:40 PM	TEAM Time	Team Building Activities	L
8:55 PM	Spirit Sticks & Announcements	Given to teams exemplifying team spirit throughout the day	
9:10 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	
8:00 AM	Coaches' Meeting	Coaches start promptly at meeting location	
8:15 AM	Leaders in Training/Team Time	Team Leaders attend additional leadership classes	L
8:30 AM	Cheerobics/GS Dance Review	Fun warm up to get the body moving and ready to go	
8:45 AM	Stunt Foundations Review	Solidify techniques to move into transitional stunting	A
8:50 AM	Stunt Class #1	Progressions of Stunts	A
9:40 AM	<b>Shock Rotation #3</b>	Choreography and Traditional Breakout!	
	Crowd Leading/NCA Chant	Develop your Game Day Entrance!	A
	Choreography Session	Focus on the 2nd half of GS Jam Routine	E
10:35 AM	<b>Shock Rotation #4</b>	Choreography and Traditional Breakout!	
	Crowd Leading/NCA Chant	Develop your Game Day Entrance!	A
	Choreography Session	Focus on the 2nd half of GS Jam Routine	E
11:30 AM	<b>LUNCH/PRACTICE TIME</b>	Be back for Custom Coaching!	
1:15 PM	Custom Coaching #1	Clean up GS Routine & Elements	C
1:45 PM	Custom Coaching #2	Clean up GS Routine & Elements	C
2:20 PM	NCA Specialty Classes	Advanced Dance/Pom Dance/Open Stunts/Optional Tumbling	A
3:20 PM	Snack/Water Break	HYDRATE!!!	A
3:30 PM	Basket Builders	Progressions of Tosses or Stunt Drills for JH/MS	A
4:15 PM	Stunt Showcase	Show progress in Stunts & Tosses	A
4:30 PM	<b>DINNER</b>	Be back by 5:55p!!	
6:00 PM	Top Gun Prelims	Top Gun Dancer	E
6:30 PM	<b>Half-Shock Rotation #5 &amp; #6</b>	Informal Evaluation of Chant & Routine Elements!	
7:35 PM	NCA SPIRIT RALLY!	Team Challenges & Competitions	S
8:15 PM	Team Time	Team Building Activities - PIN IT FORWARD	A
8:35 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
8:50 PM	Announcements & Tally Ho!	<b>Tomorrow is FUN DAY!!!!</b>	

DAY 2



# GET SHOCKED - 4 DAY

2022

NFHS KEY:

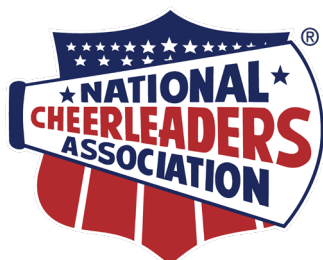
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
8:00 AM	Coaches' Meeting	Coaches start promptly at meeting location	
8:15 AM	Leaders in Training/Team Time	Team Leaders attend additional leadership classes	L
8:25 AM	Fun Day Cheerobics	Fun warm up to get the body moving and ready to go	S
8:50 AM	Stunt Class #2	Progressions of Stunts!	A
9:30 AM	<b>Half-Shock Rotation #7</b>	Choreography and Traditional Breakout!	
	Pyramid Workshop #1/GD Entrance	Work on Routine Pyramids/Stunts and GD Entrance	C
	Choreography Session	Finalize the elements of the GS Jam Routine	E
10:05 AM	<b>Half-Shock Rotation #8</b>	Choreography and Traditional Breakout!	
	Pyramid Workshop #1/GD Entrance	Work on Routine Pyramids/Stunts and GD Entrance	C
	Choreography Session	Finalize the elements of the GS Jam Routine	E
10:40 AM	Stunt Class #3	Novice/Intermediate/Advanced & Elite	
11:25 AM	All-American Demo	Nominations for AA Complete!	
11:30 AM	<b>LUNCH/PRACTICE TIME</b>	Be back for Custom Coaching!	
1:00 PM	Custom Coaching Mat Rotations #1	Block the routine with all elements!	C
1:40 PM	Custom Coaching Mat Rotations #2	Block the routine with all elements!	C
2:20 PM	Pyramid Workshop #2	Work proper drills for Basket Tosses	A
3:05 PM	NCA Specialty Classes	Hip Hop Dance/AA Workshop/Open Stunts	E
4:05 PM	Get Shocked Dance Prelims	Finals Round on Day 4	E
4:30 PM	<b>DINNER</b>	Return by 5:55p!	
6:00 PM	NCA Top Gun Prelims	Top Gun Stunt Divisions	
6:40 PM	Final Routine Showcase & Eval	Informal Assessment by Buddy & Choreographer	S
7:20 PM	Final Practice Time w/ Buddy & Choreo	Last Modifications/Questions/Concerns	
7:50 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
8:10 PM	Team Time	Shower of Praise	L
8:40 PM	Announcements & Tally-Ho!		

FUN DAY 3

Time	Class	Notes	
8:30 AM	Practice Time w/ Coach		
8:55 AM	Coaches' Meeting at Stage	Please do your Camp Survey!!	
9:00 AM	All-American Warm-Up	Optional All-American Team Tryout	
9:15 AM	All-American Tryout	3 Stamina Jumps, Spirited Entrance, & AA Tryout Cheer	
9:50 AM	Get Shocked Dance Finals	Finalists Compete - Option to customize last 2 8counts	
10:10 AM	Top Gun Finals	Finalists of each division	
10:40 AM	Break		
10:45 AM	Final Performance Competition	Game Day Entrance/NCA Chant/GS Routine/Band Chant	
11:30 AM	Material Review		
11:40 AM	Awards Presentation		
<b>THANK YOU FOR AN AMAZING CAMP!</b>			

DAY 4



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