GET SHOCKED - 4 DAY

	LEADERSHIP	ENTERTAINER	ATHLETE	SPIRIT RAISER	AMBASSADOR	ROWD LEADER
			Notes		Class	Time
	camp materiall	taff and preview the		emos	Opening Rally & De	1:00 PM
E	•	dance for GS Camps	•		Get Shocked Danc	1:25 PM
		nstructors & fellow co		Seriviolion Cilino	Coaches' Meeting	1.231 W
	•		•	0 Chant #1	· ·	2.00 DM
C		outs; Chant for Night		er & Chant#1	All-American Chee	2:00 PM
		eir NCA Buddy & Ch	•	/ 01	Buddy Time	2:25 PM
	•	choreographer & talk	•	w/ Choreographers		
A		sure safety of teams			Stunt S.A.F.E.	2:45 PM
Α		o keep your team sa	•		Safety Drills	2:50 PM
Α		hniques and progres			Stunt Foundations	3:05 PM
		uddy & set goals for	-		Coaches' Meeting	3:55 PM
		er's knowledge of sa			Safety Awareness	3:55 PM
	ers	HI's rules for campe	Camp Manager &	ules	Camp Details & Ru	4:10 PM
S		VER!	SPIRIT IS FORE		Team Time	4:15 PM
_	TRANCE!!!	for GAME DAY ENT	Be back by 5:40p		DINNER	4:30 PM
	ut!	d Traditional Breako	Choreography and	1	Shock Rotation #	5:45 PM
С	& Chant Review	ndamentals/Props/Skills	Big 3 Game Day Fur	Experience (30min)	The NCA Game Day E	
Α	Combo Jumps	and Strengthening/	Jump Techniques	n)	Jump Class (30mir	
E		half of the Routine	Focus on the 1st	sion (1hour)	Choreography Ses	
	ut!	d Traditional Breako	Choreography and	2	Shock Rotation #2	6:55 PM
С		ndamentals/Props/Skills		Experience (30min)	The NCA Game Day E	
А		and Strengthening/	-		Jump Class (30mir	
E	<u> </u>	half of GS Jam Rout		<u> </u>	Choreography Ses	
		& Top Gun Tumbler			NCA Top Gun Prel	8:00 PM
			Night 1 Evaluation		NCA Chant Evalua	8:25 PM
1				4.1011	110/1 Offant Evalua	
					TFAM Time	8·40 PM
L	rit throughout the day	ctivities	Team Building Ac	ouncements	TEAM Time	8:40 PM 8:55 PM
L y	-		Team Building Ad Given to teams ex	ouncements	TEAM Time Spirit Sticks & Anno Tally Ho	8:40 PM 8:55 PM 9:10 PM
L y	-	ctivities xemplifying team spil	Team Building Ad Given to teams ex	ouncements	Spirit Sticks & Anno	8:55 PM 9:10 PM
L y	!	ctivities xemplifying team spi ! Have a great night	Team Building Ac Given to teams ex Camp Dismissed!	ouncements	Spirit Sticks & Anno Tally Ho	8:55 PM
	ation	ctivities xemplifying team spir ! Have a great night omptly at meeting loc	Team Building Ac Given to teams ex Camp Dismissed! Notes Coaches start pro		Spirit Sticks & Anno Tally Ho Class Coaches' Meeting	8:55 PM 9:10 PM
y Y	eation ership classes	ctivities xemplifying team spingled. ! Have a great night comptly at meeting located additional leade	Team Building Ac Given to teams ex Camp Dismissed! Notes Coaches start pro Team Leaders att	g/Team Time	Spirit Sticks & Anno Tally Ho Class Coaches' Meeting Leaders in Training	8:55 PM 9:10 PM Time 8:00 AM 8:15 AM
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GET SHOCKED - 4 DAY

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP	
Time	Class		Notes			
8:00 AM	Coaches' Meeting		Coaches start pro	mptly at meeting loc	ation	
8:15 AM	Leaders in Training/Team Time		Team Leaders att	end additional leade	rship classes	L
8:25 AM	Fun Day Cheerobics		Fun warm up to g	et the body moving a	ind ready to go	S
8:50 AM	Stunt Class #2		Progressions of S	itunts!		Α
9:30 AM	Half-Shock Rotation #7		Choreography an	d Traditional Breakoเ	ut!	
	Pyramid Workshop	#1/GD Entrance	Work on Routine	Pyramids/Stunts and	GD Entrance	С
	Choreography Ses	sion	Finalize the elements of the GS Jam Routine			E
10:05 AM	10:05 AM Half-Shock Rotation #8 Pyramid Workshop #1/GD Entrance Choreography Session		Choreography an	d Traditional Breakoเ	ut!	
			Work on Routine	Pyramids/Stunts and	GD Entrance	C
			Finalize the eleme	ents of the GS Jam F	Routine	E •
10:40 AM	Stunt Class #3		Novice/Intermedia	ate/Advanced & Elite		
11:25 AM	All-American Demo		Nominations for A	A Complete!		
11:30 AM	LUNCH/PRACTICE TIME		Be back for Custo	m Coaching!		
1:00 PM	Custom Coaching Mat Rotations #1		Block the routine	with all elements!		С
1:40 PM	Custom Coaching I	Mat Rotations #2	Block the routine	with all elements!		C
2:20 PM	Pyramid Workshop #2		Work proper drills	for Basket Tosses		Α
3:05 PM	NCA Specialty Classes		Hip Hop Dance/A	A Workshop/Open S	tunts	E '
4:05 PM	Get Shocked Dance Prelims		Finals Round on I	Day 4		E
4:30 PM	DINNER		Return by 5:55p!			
6:00 PM	NCA Top Gun Prelims		Top Gun Stunt Di	visions		
6:40 PM	Final Routine Showcase & Eval		Informal Assessm	ent by Buddy & Cho	reographer	S
7:20 PM	Final Practice Time w/ Buddy & Choreo		Last Modifications	s/Questions/Concern	S	
7:50 PM	Spirit Sticks		Given to teams ex	cemplifying team spir	it throughout the da	y
8:10 PM	Team Time		Shower of Praise			
8:40 PM	Announcements &	Tally-Ho!				

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	
	THANK YOU F	OR AN AMAZING CAMP!





