



GET SHOCKED - RESORT

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!	
2:05 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!	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	DINNER	Dinner & Room Check-In! Be back by 5:50p!	
6:00 PM	Shock Rotation #1	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
7:10 PM	Shock Rotation #2	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 GS Jam Routine	E
8:15 PM	NCA Top Gun Prelims	Top Gun Jumper & Top Gun Tumbler	
8:40 PM	NCA Chant Evaluation	Night 1 Evaluation	
8:55 PM	TEAM Time	Team Building Activities	L
9:10 PM	Spirit Sticks & Announcements	Given to teams exemplifying team spirit throughout the day	
9:25 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	Shock Rotation #3	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	Shock Rotation #4	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	LUNCH/PRACTICE TIME	Be back for Custom Coaching!	
12:45 PM	Custom Coaching #1	Clean up GS Routine & Elements	C
1:15 PM	Custom Coaching #2	Clean up GS Routine & Elements	C
1:50 PM	Basket Builders	Take part in drills or optional class for JH/MS teams	A
2:30 PM	Stunt Class #2	Progressions of Stunts	A
3:15 PM	NCA Specialty Class Preview	Decide how to split your team for classes!	
3:20 PM	NCA Specialty Classes	Advanced Dance/Optional Tumbling/Pom Dance/Open Stunts	E
4:15 PM	NCA SPIRIT RALLY!	Team Challenges & Competitions	
4:45 PM	Spirit Sticks/Team Time	Team Building Activities - St. Jude & Pin It Forward	A
5:00 PM	DINNER/DISMISSED!!	Dismissed for the Evening!	
	ENJOY THE RESORT!	Tomorrow is FUN DAY!!!!	

DAY 2



GET SHOCKED - RESORT

2022

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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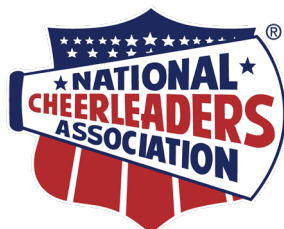
Time	Class	Notes	
8:00 AM	Coaches' Meeting	Coaches start promptly at meeting location	
8:15 AM	Leaders in Training/Team Time	Team Leaders attend additional leadership classes	L
8:25 AM	Fun Day Cheerobics	Fun warm up to get the body moving and ready to go	S
8:50 AM	Stunt Class #3	Progressions of Stunts!	A
9:30 AM	Half-Shock Rotation #5	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	Half-Shock Rotation #6	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	Pyramid Workshop #2	Novice/Intermediate/Advanced & Elite	
11:20 AM	All-American Demo	Nominations for AA Complete!	
11:30 AM	LUNCH/PRACTICE TIME	Group B/Group A	
1:00 PM	Custom Coaching Mat Rotations #1	Block the routine with all elements!	C
1:35 PM	Custom Coaching Mat Rotations #2	Block the routine with all elements!	C
2:10 PM	NCA Top Gun Prelims	Top Gun Dancer	E
2:35 PM	NCA Specialty Classes	Hip Hop Dance/AA Workshop/Open Stunts	E
3:35 PM	Get Shocked Dance Prelims	Finals Round on Day 4	E
4:00 PM	NCA Top Gun Prelims	Top Gun Stunt Divisions	
4:30 PM	DINNER	Group A/Group B	
6:00 PM	Practice Time w/ Coach	Prepare for Final Evaluations	
6:30 PM	Final Routine Showcase & Eval	Informal Assessment by Buddy & Choreographer	S
7:00 PM	Final Practice Time w/ Buddy & Choreo	Last Modifications/Questions/Concerns	
7:35 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
7:50 PM	Team Time	Shower of Praise	L
8:30 PM	Announcements & Tally-Ho!		

FUN DAY 3

Time	Class	Notes	
8:30 AM	Practice Time		
8:55 AM	Informal Coaches' Meeting	Please do your Camp Feedback Form!!	
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	Optional Competition - Entrance w/ Chant & GS Routine	
11:30 AM	Material Review		
11:40 AM	Awards Presentation		

DAY 4

THANK YOU FOR AN AMAZING CAMP!



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