



# OVERNIGHT - 4 DAY

2023

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFHS
1:00 PM	Opening Rally	Meet your NCA Staff!!	
1:15 PM	Material Demos	GD #1, Perf #1, Chant w/ 1-3-1 method, Band Chant	
1:30 PM	Band Chant / Coaches' Meeting	Great Game Day Dance to incorp Dance Team/Mascot	E
2:15 PM	Cheer Class	Learn Game Day Cheer #1 & Performance Cheer #1	C
2:45 PM	Chant Class	Select 2 chants to learn from Chants #1-5	C
3:15 PM	Buddy Time	Introductions, Spirit Book, National Bid/NFHS Process	L
3:45 PM	Stunt S.A.F.E. / Coaches Return	Philosophy ensure the safety of all teams while stunting	A
4:00 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
4:15 PM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ Buddy	S
4:30 PM	<b>DINNER</b>		
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Stunt Foundations	Core stunts & technique make up the foundation stunting	A
6:45 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
7:00 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
7:05 PM	Game Day Fundamentals	Learn what makes a solid foundation for Game Day!	C
7:10 PM	Practice Implementing	Use the Game Day Cheer learned during Cheer Class	C
7:25 PM	Game Day Props	How to properly use props & people on game day!!	C
7:30 PM	Performing with Props	Practical application using signs, poms, flags & megas	C
7:45 PM	Game Day Skills	Enhance your Game Day with appropriate skills	C
7:50 PM	Time to Stunt with Props	Work on getting in/out of stunts with props	C
8:05 PM	Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
8:10 PM	Leader's Reception/Material Review	Team Leaders meet with their NCA Buddy instructor	S
8:30 PM	Team Time	Team Building Activities	L
8:50 PM	Announcements		
8:55 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes 2 IS
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
8:30 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	L
8:40 AM	Cheerobics	Fun warm up to get the body moving & ready to go	
8:50 AM	Jump Class	Work on & improve upon jumps & exercises	A
9:20 AM	Chant Class	Select 2 chants to learn from Chants #6-10	C
9:50 AM	Stunt Class / Coaches Return	Core+, Stunt Progressions 1, 2, & 3 w/ prop incorp	A
10:50 AM	Basket Builders	Take part in drills or optional class for JH/MS teams	A
11:20 AM	Dance Showcase	Demo of Hip Hop & Advanced Dance	
11:30 AM	<b>LUNCH</b>		
12:30 PM	Practice Time with Coach	Optional practice time if needed	
1:00 PM	Custom Coaching #1	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
1:30 PM	Custom Coaching #2	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:00 PM	Custom Coaching #3	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:30 PM	Pyramid Workshop	Team works on Static & Transitional pyramids	A
3:30 PM	Specialty Classes (Regional)	Hip Hop Dance, Advanced Danced & Option Stunts	E
4:30 PM	<b>DINNER</b>		
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
6:20 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
6:40 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
7:00 PM	Evaluation	2 <sup>nd</sup> Evaluation of a Cheer (with entrance) & Chant	E
8:00 PM	Team Time	Team Building Activities	A
8:30 PM	Spirit Sticks / Stick Skits / Mascots	Given to teams exemplifying team spirit throughout the day	
9:00 PM	Tally Ho	Camp Dismissed! Remember, tomorrow is FUN DAY!!	

DAY 2

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



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NFHS KEY:

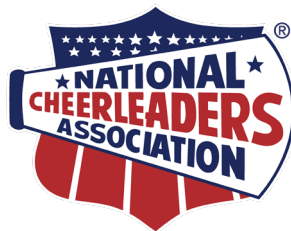
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	2	3
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L	
8:30 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	S	
8:50 AM	Band Chant Review	Review Band Chant for Custom Coaching		
9:05 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go		
9:15 AM	Jump Class	Continue to work & improve upon jumps & exercises	A	
9:45 AM	Stunt Class / Coaches Return	Core+, Stunt Progressions 1, 2, & 3, Cradles	A	
11:00 AM	All-American Cheer & Demo	This cheer is used for All-American Tryouts ONLY		
11:30 AM	<b>LUNCH</b>			
12:30 PM	Practice Time with Coach	Optional practice time if needed		
1:00 PM	Custom Coaching #2	1st Eval on Band Chant w/ NCA Buddy	C	
1:30 PM	Custom Coaching #3	1st Eval on Band Chant w/ NCA Buddy	C	
2:00 PM	Custom Coaching #1	1st Eval on Band Chant w/ NCA Buddy	C	
2:30 PM	Pyramid Workshop	Team works on Static & Transitional pyramids	A	
3:30 PM	Specialty Classes (Regional)	Pom Dance, Sideline Spirit Dance, AA Workshop & Opt. Stunts	E	
4:30 PM	<b>DINNER</b>			
5:30 PM	Practice Time with Coach	Optional practice time if needed		
6:00 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C	
6:20 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C	
6:40 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C	
7:00 PM	Final Evaluation	2nd Evaluation of the Band Chant	E	
8:00 PM	Top Team & All-American Sign-Up	Optional final day competition sign up	E	
8:15 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day		
8:30 PM	Team Time	Shower of Praise	L	
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!		

FUN DAY 3

Time	Class	Notes	Notes 2	IS
8:30 AM	Coaches' Meeting			
	All-American Warm-Up	Optional All-American Team Tryout		
8:45 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer		
9:30 AM	Final Day Competition Warm-Up	All final day competitions are optional		
	<b>Final Day Competitions</b>	Teams can compete in ALL 3		
9:50 AM	Top Team Chant	No Entrance, as taught, 1-3-1, Allow levels & ripples	C	
10:10 AM	Top Team Band Chant	Crowd effective & practical. No Stunts or Tumbling	C	
10:40 AM	Top Team Cheer	Showcasing team skills & crowd leading abilities	C	
11:10 AM	Material Showcase	Advanced, Hip Hop & Spirit Dance / AA Cheer / Seniors		
11:25 AM	Awards Presentation	Camp awards h&ed out		
11:40 AM	Spirit Sticks	Take it home with you, if you earn one on the final day!		
11:45 AM	Closing	Final thoughts & message to camp		
12:00 PM	Tally Ho	Camp Dismissed!! Travel safe!		

DAY 4



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