



YOUTH CAMP - 2 DAY

2023

NFHS KEY:

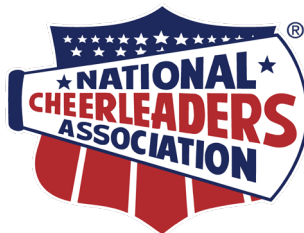
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
9:00 AM	Orientation	Welcome to NCA Camp!	
9:15 AM	Introductions	Meet your NCA Staff!!	
9:30 AM	Youth Dance - 1st Half	Novice Level Youth Dance	E
10:00 AM	Spirit Break		C
10:15 AM	Motions 101 / Coaches Meeting	Motion Technique & beginner fundamentals	C
10:45 AM	Cheer / Chant Class	Learn a Cheer & a Chant	L
11:30 AM	Fun Ribbons	Staff h&s out ribbons	
11:45 AM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ buddy	S
12:00 PM	LUNCH		
12:30 PM	Spirit Spot Activity	Meet with your NCA Buddy	
12:45 PM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
1:00 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
1:15 PM	Stunts Class - Core+	These stunts make up the foundation of all stunting	A
1:45 PM	Youth Dance - 2nd Half	Novice Level Youth Dance	E
2:00 PM	Spirit Break		
2:15 PM	Cheer / Chant Review	Review the Cheer & Chant for earlier	
2:30 PM	Custom Coaching	1 st Evaluation on Cheer & Chant w/ Buddy	C
3:00 PM	Evaluation	2 nd Evaluation on Cheer & Chant w/ Camp	E
3:30 PM	Team Time	Team Bonding & Games	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	
8:45 AM	Arrive at Camp	On time & ready to go for the day!!!	L
9:00 AM	Team Time / Spirit Chants	Let's get camp started right!!	L
9:15 AM	Cheerobics	Fun warm up to get the body moving & ready to go	
9:30 AM	Jump Class	Work on & improve upon jumps & exercises	A
10:00 AM	Spirit Break		
10:15 AM	Cheer Class / Coaches Meeting	Learn a Game Day Cheer	C
10:45 AM	Chant Class	Learn a new chant	C
11:00 AM	Herkie Says	Play this fun variation of Simon Says	
11:15 AM	Stunt Class	Continue working on Core+ & Stunt Progressions 1	A
12:00 PM	LUNCH		
12:30 PM	Practice Time with Coach	Optional practice time if needed	
1:15 PM	Cheer / Chant Review	Review the Cheer & Chant for earlier	C
1:45 PM	Custom Coaching	1 st Evaluation on Cheer & Chant w/ Buddy	C
2:15 PM	Spirit Break		
2:30 PM	Final Evaluation	2 nd Evaluation on Cheer & Chant w/ Camp	E
3:00 PM	Team Time	Team Bonding & Games	A
3:30 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
3:45 PM	Closing	Final thoughts & message to camp	
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 2



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