



# 2023 NCA Leadership 3 Day Home Camp



## DATE

DAY 1		DAY 2		DAY 3	
11:30	Staff Meets with Coach	9:00	Leadership - L	9:00	Leadership - L
12:00	Introductions / Camp Starts	9:30	Cheerobics	9:30	Cheerobics
12:15	Camp Cheer – CL	9:45	Band Chant / Material Review - SR	9:45	Band Chant / Material Review - SR
12:30	Chants - CL	10:15	Jumps - A	10:15	Dance 2 - E
12:45	Game Day Cheer – CL	10:30	Dance 1 - E	10:45	Rally Routine #3 - SR
1:00	Jumps - A	11:00	Game Day Class (bring props) - CL	11:30	Leadership/Credentialing – L
1:30	Rally Dance - E	11:30	Leadership/Credentialing – L	12:00	<b>LUNCH</b>
2:00	Credentialing - AM	<b>LUNCH</b>		1:00	All American (if applicable) - E
2:05	Stunt SAFE - A	1:00	Stunts - A	1:30	Workshop / Evaluation
2:15	Skill Drills - A	1:45	Pyramids - A		Game Day Chant & Cheer - CL
2:45	Core Stunts / Skill Check - A	2:00	Rally Routine #2 - SR	2:30	Rally Routine Practice - SR
	Leadership – L	2:45	Dance and Band Chant Review	3:00	Band Chant Practice - SR
3:15	<b>SNACK BREAK</b>	3:00	Workshop / Evaluation	3:30	Showoff for Parents
3:45	Material Review	3:00	Game Day Chant & Cheer - CL	4:00	Leadership/Credentialing – L
3:55	Band Chant - SR	4:00	Leadership/Credentialing - L		Tally Ho!
4:30	Stunts - A		Tally Ho!		
5:15	Rally Routine #1 - SR	<b>Spirit Is Forever!</b>			
5:45	Leadership/Credentialing - L	Dance Choices: Pom, Hip Hop, Sidelines			
6:00	Tally Ho!				

### NFHS Pillars

- A – Athlete
- AM – Ambassador
- CL – Crowd Leader
- L – Leadership
- E – Entertainer
- SR – Spirit Raiser

