



HOME CAMP - 2 DAY

2024

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
--------------	------------	---------------	---------	-------------	------------

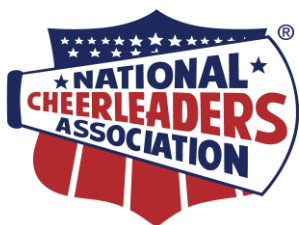
Time	Class	Notes	
11:30 AM	Staff Meets with Coach	Meet your NCA Staff!!	
12:00 PM	Introductions	Staff introductions	
12:15 PM	Band Chant	Great Game Day Dance to incorp Dance Team/Mascot	E
1:00 PM	Cheer Class	Learn Game Day Cheer #1 & AA Tryout Cheer #1	C
1:30 PM	Chant Class	Select 2 chants to learn from Chants #1-10	C
2:00 PM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
2:15 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
2:30 PM	Team Time	Intro to our camp theme!	S
2:45 PM	Snack Break		
3:15 PM	Jump Technique Class	Work on & improve upon jumps & exercises	A
4:15 PM	Stunt Foundations	Core stunts & technique make up the foundation stunting	A
4:45 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
	The NCA Game Day Experience	Developing the perfect Game Day atmosphere!	
5:00 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
5:05 PM	Game Day 101/GD Cheer Class	Select 1 from NCA Game Day Cheers #2 or #3	C
5:35 PM	Sideline Spirit Dance	Novice Level Dance	E
6:05 PM	Team Time	Team Building Activities	L
6:30 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

NOTES:

Time	Class	Notes	
9:00 AM	Team Time	Camp Starts / Coaches head to meeting location	L
9:20 AM	Cheerobics	Fun warm up to get the body moving & ready to go	
9:30 AM	Jump Class	Continue to work & improve upon jumps & exercises	A
10:00 AM	Stunt Class	Core+, Stunt Progressions 1, 2, & 3 w/ prop incorp	A
10:30 AM	Dance Class	Squad's Choice	E
12:00 PM	LUNCH		
1:00 PM	All-American Warm-Up	Optional All-American Team Tryout	
1:15 PM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
2:00 PM	Custom Coaching	Work on anything *	C
2:40 PM	Final Evaluation	Final Evaluation of the Cheer & Chant or Band Chant	E
3:20 PM	Material Review		E
3:40 PM	Team Time	Shower of Praise	L
3:50 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 2



nca.varsity.com | 800.NCA.2WIN

