



# HOME CAMP - 3 DAY

2024

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFHS
11:30 AM	Staff Meets with Coach	Meet your NCA Staff!!	
12:00 PM	Introductions	Staff introductions	
12:15 PM	Band Chant / Coaches' Meeting	Great Game Day Dance to incorp Dance Team/Mascot	E
1:00 PM	Cheer Class	Learn Game Day Cheer #1 & Performance Cheer #1	C
1:30 PM	Chant Class	Select 2 chants to learn from Chants #1-5	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! / Coaches meet w/ buddy	S
2:45 PM	<b>DINNER</b>		
3:45 PM	Jump Technique Class	Work on & improve upon jumps & exercises	A
4:45 PM	Stunt Foundations	Core stunts & technique make up the foundation stunting	A
5:15 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!		
5:30 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
5:35 PM	Game Day 101/ GD Cheer Class	Select 1 from NCA Game Day Cheers #2 or #3	C
6:05 PM	Sideline Spirit Dance	Novice Level Dance	E
6:35 PM	Team Time	Team Building Activities	L
7:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

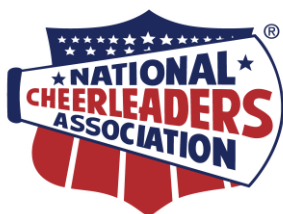
DAY 1

Time	Class	Notes	Notes2 (S)
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	Work on & improve upon jumps & exercises	A
10:00 AM	Stunt Class	Core+, Stunt Progressions 1, 2, & 3 w/ prop incorp	C
11:30 AM	All-American Cheer	This cheer is used for All-American Tryouts ONLY	A
12:00 PM	<b>LUNCH</b>		
1:00 PM	Pyramid Workshop	Team works on Static & Transitional pyramids	A
2:00 PM	Custom Coaching	1st Eval on Band Chant	C
2:40 PM	Evaluation	2nd Evaluation of the Band Chant	E
3:00 PM	Dance Class	Squad's Choice	E
3:50 PM	Team Time	Shower of Praise	L
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 2

Time	Class	Notes	2 3
9:00 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go	
9:30 AM	Jump Class	Continue to work & improve upon jumps & exercises	
10:00 AM	Stunt Class	Core+, Stunt Progressions 1, 2, & 3, Cradles	A
11:00 AM	Dance Class	Squad's Choice	E
12:00 PM	<b>LUNCH</b>	AA Nomination finalized by 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*	A
2:40 PM	Final Evaluation	Final Evaluation of the Cheer & Chant or Band Chant	C
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 3



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