GET SHOCKED - 4 DAY

	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP	
Time	Class		Notes			
1:00 PM	Opening Rally & De	mos	Meet your NCA Sta	aff and preview the ca	mp material!	
1:25 PM	Get Shocked Dance		-	ance for GS Camps &		
	Coaches' Meeting			structors & fellow coa		
2:00 PM	All-American Cheer & Chant #1		AA Cheer for Tryouts; Chant for Night 1 Evaluations!			
2:25 PM	Buddy Time		Campers meet their NCA Buddy & Choreographer!			
		/ Choreographers	•		• •	
2:45 PM	Stunt S.A.F.E.	, energiaphere	Meet your NCA Choreographer & talk about your routine! Philosophy to ensure safety of teams while stunting			
2:50 PM	Stuft S.A.F.E. Safety Drills		• •	keep your team safe	-	
3:05 PM	Stunt Foundations					
		1 1 5				
	Coaches' Meeting w/ Buddy Safety Awareness Test		Meet your NCA Buddy & set goals for the week! Testing the camper's knowledge of safety practices			
	Camp Details & Rul			HI's rules for campers		
	Team Time	c 3	SPIRIT IS FOREV		, 	
	DINNER			for GAME DAY ENTR		
5:45 PM	Shock Rotation #1		0 1 3	Traditional Breakout		
	The NCA Game Day Ex			damentals/Props/Skills &		
	Jump Class (30min)			and Strengthening/Co		
	Choreography Sess	. ,	Focus on the 1st h			
6:55 PM	Shock Rotation #2			Traditional Breakout		
	The NCA Game Day Ex	,	е ,	damentals/Props/Skills &		
	Jump Class (30min)		Jump Techniques and Strengthening/Combo Jumps			
	Choreography Sess	· · · ·		alf of GS Jam Routine	e	
	NCA Top Gun Prelir			Top Gun Tumbler		
	NCA Chant Evaluati	ion	Night 1 Evaluation			
	TEAM Time		Team Building Act			
	Spirit Sticks & Anno	uncements	Given to teams exemplifying team spirit throughout the day			
9:10 PM	Tally Ho		Camp Dismissed!	Have a great night!		
Time						
	Class		Notes			
8:00 AM	Class Coaches' Meeting			nptly at meeting locat	ion	
8:00 AM 8:15 AM		Team Time	Coaches start pror	nptly at meeting locat and additional leaders		
	Coaches' Meeting		Coaches start pror Team Leaders atte		hip classes	
8:15 AM	Coaches' Meeting Leaders in Training/	ce Review	Coaches start pror Team Leaders atte Fun warm up to ge	end additional leaders	hip classes diready to go	
8:15 AM 8:30 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan	ce Review	Coaches start pror Team Leaders atte Fun warm up to ge	end additional leaders at the body moving an a to move into transition	hip classes diready to go	
8:15 AM 8:30 AM 8:45 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F	ice Review Review	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St	end additional leaders at the body moving an a to move into transition	hip classes d d ready to go onal stunting	
8:15 AM 8:30 AM 8:45 AM 8:50 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1	ice Review Review	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St	end additional leaders at the body moving an a to move into transition unts I Traditional Breakout	hip classes d d ready to go onal stunting	
8:00 AM 8:15 AM 8:30 AM 8:45 AM 8:50 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3	ce Review Review	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam	end additional leaders at the body moving an a to move into transition unts I Traditional Breakout	hip classes d ready to go onal stunting /	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA	ice Review Review A Chant ion	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd	end additional leaders at the body moving an to move into transition unts Traditional Breakout the Day Entrance!	hip classes d ready to go onal stunting / ! ! ne B	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess	ace Review Review A Chant ion	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd	end additional leaders at the body moving an a to move into transition unts Traditional Breakout he Day Entrance! half of GS Jam Routir Traditional Breakout	hip classes d ready to go onal stunting / ! ! ne B	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4	A Chant	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Choreography and Develop your Gam	end additional leaders at the body moving an a to move into transition unts Traditional Breakout he Day Entrance! half of GS Jam Routir Traditional Breakout	hip classes d ready to go onal stunting / ! ! ne f	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA	ce Review Review A Chant ion A Chant ion	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Choreography and Develop your Gam	end additional leaders to the body moving an to move into transition unts Traditional Breakout half of GS Jam Routin Traditional Breakout to Day Entrance! half of GS Jam Routin	hip classes d ready to go onal stunting / ! ! ne f	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA	ce Review Review A Chant ion A Chant ion E TIME	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd	end additional leaders at the body moving an- ato move into transition unts Traditional Breakout half of GS Jam Routin Traditional Breakout he Day Entrance! half of GS Jam Routin malf of GS Jam Routin m Coaching!	hip classes d ready to go onal stunting / ! ! ne f ie i	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM 10:35 AM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE	A Chant A Chant ion A Chant ion E TIME	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Be back for Custor	end additional leaders at the body moving an a to move into transition unts I Traditional Breakout half of GS Jam Routin Traditional Breakout ine Day Entrance! half of GS Jam Routin m Coaching! ine & Elements	hip classes d ready to go onal stunting / ! ! ne f	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM 10:35 AM 11:30 AM 1:15 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching #	A Chant ion A Chant ion A Chant ion E TIME 1 2	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Be back for Custon Clean up GS Rout	end additional leaders at the body moving an a to move into transition unts I Traditional Breakout half of GS Jam Routin Traditional Breakout ine Day Entrance! half of GS Jam Routin m Coaching! ine & Elements	hip classes d ready to go onal stunting / ! ! ne i ! ne i !	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM 10:35 AM 11:30 AM 1:15 PM 1:45 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NC/ Choreography Sess Shock Rotation #4 Crowd Leading/NC/ Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching #	A Chant ion A Chant ion A Chant ion E TIME 1 2 ses	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Be back for Custon Clean up GS Rout	end additional leaders at the body moving an at the body moving an at the body moving an at the body moving an unts I Traditional Breakout I Traditi Breakout I	hip classes d ready to go onal stunting / ! ! ne i ! ne i !	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM 10:35 AM 11:30 AM 1:15 PM 1:45 PM 2:20 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching # NCA Specialty Class	A Chant ion A Chant ion A Chant ion E TIME 1 2 ses	Coaches start pror Team Leaders atter Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop Your Gam Focus on the 2nd Charter Hart Hart Hart Hart Hart Hart Hart Har	end additional leaders at the body moving an at the body moving an at the body moving an at the body moving an unts I Traditional Breakout I Traditi Breakout I	hip classes d ready to go onal stunting / ! ! ne / ! ne / ! ne / ! ne / ! ! ne / ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! !	
8:15 AM 8:30 AM 8:45 AM 9:40 AM 10:35 AM 11:30 AM 1:15 PM 1:45 PM 2:20 PM 3:20 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching # NCA Specialty Class Snack/Water Break	A Chant ion A Chant ion A Chant ion E TIME 1 2 ses	Coaches start pror Team Leaders atter Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop Your Gam Focus on the 2nd Charter Hart Hart Hart Hart Hart Hart Hart Har	end additional leaders et the body moving an a to move into transition unts Traditional Breakout half of GS Jam Routin Traditional Breakout ne Day Entrance! half of GS Jam Routin m Coaching! ine & Elements ine & Elements Dance/Open Stunts/Option	hip classes d ready to go onal stunting / ! ! ne / ! ne / ! ne / ! ne / ! ! ne / ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! !	
8:15 AM 8:30 AM 8:45 AM 9:40 AM 10:35 AM 10:35 AM 11:30 AM 1:15 PM 1:45 PM 2:20 PM 3:20 PM 3:30 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching # NCA Specialty Class Snack/Water Break Basket Builders	A Chant ion A Chant ion A Chant ion E TIME 1 2 ses	Coaches start pror Team Leaders atter Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Be back for Custon Clean up GS Rout Clean up GS Rout Advanced Dance/Pom HYDRATE!!!	end additional leaders at the body moving an- at the body moving an- at the body moving an- ato move into transition unts I Traditional Breakout I Traditional B	hip classes d ready to go onal stunting / ! ! ne / ! ne / ! ne / ! ne / ! ! ne / ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! !	
8:15 AM 8:30 AM 8:45 AM 8:50 AM 9:40 AM 10:35 AM 10:35 AM 1:15 PM 1:45 PM 2:20 PM 3:20 PM 3:20 PM 3:30 PM 4:15 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching # NCA Specialty Class Snack/Water Break Basket Builders Stunt Showcase	A Chant ion A Chant ion A Chant ion E TIME 1 2 ses	Coaches start pror Team Leaders atter Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the	end additional leaders at the body moving an- at the body moving an- at the body moving an- ato move into transition unts I Traditional Breakout I Traditional B	hip classes d ready to go onal stunting / ! ! ne / ! ne / ! ne / ! ne / ! ! ne / ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! !	
8:15 AM 8:30 AM 8:45 AM 9:40 AM 9:40 AM 10:35 AM 10:35 AM 11:30 AM 1:15 PM 1:45 PM 2:20 PM 3:20 PM 3:20 PM 4:15 PM 4:15 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching # NCA Specialty Class Snack/Water Break Basket Builders Stunt Showcase DINNER	A Chant ion A Chant ion A Chant ion E TIME 1 2 ses	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Clean up GS Rout Clean up GS Ro	end additional leaders at the body moving an- at the body moving an- at the body moving an- ato move into transition unts I Traditional Breakout I Traditional B	hip classes d ready to go onal stunting / ! ! ne / ! nal Tumbling / or JH/MS /	
8:15 AM 8:30 AM 8:45 AM 9:40 AM 9:40 AM 10:35 AM 10:35 AM 11:15 PM 1:45 PM 2:20 PM 3:20 PM 3:20 PM 3:30 PM 4:15 PM 4:30 PM 6:00 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching # NCA Specialty Class Snack/Water Break Basket Builders Stunt Showcase DINNER Top Gun Prelims	A Chant ion A Chant ion TIME 1 2 ses	Coaches start pror Team Leaders atte Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Clean up GS Rout Clean up GS Ro	end additional leaders at the body moving an a to move into transition unts Traditional Breakout he Day Entrance! half of GS Jam Routin Traditional Breakout he Day Entrance! half of GS Jam Routin m Coaching! ine & Elements Dance/Open Stunts/Option basses or Stunt Drills for Stunts & Tosses	hip classes d ready to go onal stunting / ! ! ne / ! nal Tumbling / or JH/MS /	
8:15 AM 8:30 AM 8:45 AM 9:40 AM 9:40 AM 10:35 AM 10:35 AM 11:15 PM 11:45 PM 2:20 PM 3:20 PM 3:20 PM 3:30 PM 4:15 PM 4:30 PM 6:00 PM 6:30 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching # NCA Specialty Class Snack/Water Break Basket Builders Stunt Showcase DINNER Top Gun Prelims Half-Shock Rotation	A Chant ion A Chant ion TIME 1 2 ses	Coaches start pror Team Leaders atter Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Choreography and Develop your Gam Focus on the 2nd Develop your Gam Focus on the 2nd Choreography and Choreography and Develop your Gam Focus on the 2nd Choreography and Choreography and Develop your Gam Focus on the 2nd Choreography and Choreography and Choreography and Develop your Gam Focus on the 2nd Choreography and Choreography and Choreography Choreography and Choreography and Choreography and	end additional leaders at the body moving an a to move into transition unts Traditional Breakout and for GS Jam Routin Traditional Breakout and for GS Jam Routin m Coaching! ine & Elements Dance/Open Stunts/Option Desses or Stunt Drills for Stunts & Tosses	hip classes d ready to go onal stunting / ! ! ne / ! ne / ! ne / ! ne / ! ne / ! ! ne / ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! ! !	
8:15 AM 8:30 AM 8:45 AM 9:40 AM 9:40 AM 10:35 AM 10:35 AM 1:15 PM 1:45 PM 2:20 PM 3:20 PM 3:20 PM 3:30 PM 4:15 PM 4:30 PM 6:00 PM 6:30 PM 7:35 PM	Coaches' Meeting Leaders in Training/ Cheerobics/GS Dan Stunt Foundations F Stunt Class #1 Shock Rotation #3 Crowd Leading/NCA Choreography Sess Shock Rotation #4 Crowd Leading/NCA Choreography Sess LUNCH/PRACTICE Custom Coaching # Custom Coaching # Custom Coaching # NCA Specialty Class Snack/Water Break Basket Builders Stunt Showcase DINNER Top Gun Prelims Half-Shock Rotation NCA SPIRIT RALLY	A Chant ion A Chant ion TIME 1 2 ses	Coaches start pror Team Leaders atter Fun warm up to ge Solidify techniques Progressions of St Choreography and Develop your Gam Focus on the 2nd Develop your Gam Hy Develop your Gam Hy De	end additional leaders at the body moving an a to move into transition unts Traditional Breakout he Day Entrance! half of GS Jam Routin Traditional Breakout he Day Entrance! half of GS Jam Routin m Coaching! ine & Elements Dance/Open Stunts/Option basses or Stunt Drills for Stunts & Tosses	hip classes d ready to go onal stunting / ! ! ne / ! hal Tumbling / or JH/MS / Elements!	

GET SHOCKED - 4 DAY

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP	
Time	Class		Notes			
8:00 AM	Coaches' Meeting		Coaches start promptly at meeting location			
8:15 AM	Leaders in Training/Team Time		Team Leaders attend additional leadership classes			L
8:25 AM	Fun Day Cheerobics		Fun warm up to get the body moving and ready to go			S
8:50 AM	Stunt Class #2		Progressions of Stunts!			A
9:30 AM	Half-Shock Rotation	on #7	Choreography and Traditional Breakout!			
	Pyramid Workshop	#1/GD Entrance	Work on Routine I	Pyramids/Stunts and	GD Entrance	С
	Choreography Session		Finalize the elements of the GS Jam Routine			
10:05 AM	Half-Shock Rotation #8		Choreography and Traditional Breakout!			
	Pyramid Workshop #1/GD Entrance		Work on Routine Pyramids/Stunts and GD Entrance			C
	Choreography Session		Finalize the elements of the GS Jam Routine			
10:40 AM	Stunt Class #3		Novice/Intermedia	te/Advanced & Elite		
11:25 AM	All-American Demo		Nominations for A	A Complete!		
11:30 AM	LUNCH/PRACTICE	TIME	Be back for Custo	m Coaching!		
1:00 PM	Custom Coaching N	/lat Rotations #1	Block the routine v	with all elements!		С
1:40 PM	Custom Coaching N	/lat Rotations #2	Block the routine v	with all elements!		C
2:20 PM	Pyramid Workshop	#2	Work proper drills	for Basket Tosses		A
3:05 PM	NCA Specialty Clas	ses	Hip Hop Dance/A/	A Workshop/Open S	tunts	E
4:05 PM	Get Shocked Dance	e Prelims	Finals Round on D	Day 4		E
4:30 PM	DINNER		Return by 5:55p!			
6:00 PM	NCA Top Gun Preli	ms	Top Gun Stunt Div	isions/		
6:40 PM	Final Routine Show	case & Eval	Informal Assessm	ent by Buddy & Cho	reographer	S
7:20 PM	Final Practice Time w/ B	uddy & Choreo	Last Modifications	/Questions/Concerns	S	
7:50 PM	Spirit Sticks		Given to teams ex	emplifying team spir	it throughout the day	/
8:10 PM	Team Time		Shower of Praise			L
8:40 PM	Announcements &	Tally-Ho!				

Time	Class	Notes	
8:30 AM	Practice Time w/ Coach		
8:55 AM	Coaches' Meeting at Stage	Please do your Camp Survey!!	
9:00 AM	All-American Warm-Up	Optional All-American Team Tryout	
9:15 AM	All-American Tryout	3 Stamina Jumps, Spirited Entrance, & AA Tryout Cheer	
9:50 AM	Get Shocked Dance Finals	Finalists Compete - Option to customize last 2 8counts	
10:10 AM	Top Gun Finals	Finalists of each division	
10:40 AM	Break		
10:45 AM	Final Performance Competition	Game Day Entrance/NCA Chant/GS Routine/Band Chant	
11:30 AM	Material Review		
11:40 AM	Awards Presentation		

THANK YOU FOR AN AMAZING CAMP!



