SPEEDCAMPS NCA — NATIONAL CHEERLEADERS ASSOCIATION — DAY CAMP

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP

DAY 1

Time	Class	Notes	
9:00 AM	Staff Intros	Introduce instructors	
	Roles of A Cheerleader	Reiterate our responsibilities as cheerleaders	S
9:15 AM	STUNT S.A.F.E.	Philosophy for safety of teams while stunting	A
	Team Evaluations	Progression warm up for stunt classes	A
9:45 AM	Stunt Class 1		A
11:00 AM	Baskets		A
12:00 PM	**LUNCH**		
1:00 PM	All-American Cheer	Used for All-American Tryouts	C
	Coaches Skill Drills		
1:30 PM	Jumps		
2:15 PM	Pyramids (All-American Tryout Demo)		A
3:00 PM	Stunt Class 2		A
4:00 PM	Custom Coaching		C
5:00 PM	Pin It Forward/Closing		A

DAY 2

Time	Class	Notes	
9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready to go	
	Coaches Skill Drills		
9:30 AM	Pyramids		A
11:00 AM	Stunt Class 3		A
12:00 PM	**LUNCH**		
1:00 PM	Stunt Class 4		A
2:00 PM	All-American Tryouts	Optional All-American Team Tryout	A
2:30 PM	Team Time		C
3:00 PM	Custom Coaching		E
4:00 PM	**Performances**		E
5:00 PM	Closing		

NOTES:

ALL-AMERICAN NOMINEE
Selected by Staff, in one of the following areas: jumps, tumbling, stunting.

ALL-AMERICAN TRYOUT CRITERIA
1. COMBO TRACK: Athletes must successfully complete a round off back handspring backtuck minimum. They must also successfully complete a transitional

2. TUMBLE TRACK- If they choose the tumbling option, they must successfully complete a round off back handspring layout minimum. They must also perform a standing back tuck.

3. STUNT TRACK- If they choose the stunting option, they must successfully complete a full up (360) entrance to the top and full down from a liberty variation

4. TOP ALL AMERICAN- If an athlete wants to be considered for our Top All American award, they must successfully complete the TUMBLE TRACK AND STUNT TRACK requirements in their tryout. They must also substitute a Back tuck in the Camp cheer in place of the jump. Difficulty and quality of execution will be taken into consideration in determining the Top All American at each camp.

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