CHERICAL CALLAND

YOUTH CAMP - 2 DAY

NFHS KEY:					
CROWD LEADER	AMBASSADOR SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP	
Time	Class	Notes			
9:00 AM	Orientation / Introductions	Welcome to NCA	Camp! / Meet your N	CA Staff!!	
9:15 AM	Youth Dance	Novice Level You	th Dance		E
9:45 AM	Motions 101 / Coaches Meeting	Motion Technique & beginner fundamentals			С
10:15 AM	Cheer / Chant Class	Learn a Cheer & a	a Chant		L
10:45 AM	Spirit Break				
11:00 AM	Fun Ribbons	Staff gives out rib	bons		
11:15 AM	Stunt S.A.F.E.	Philosophy ensure	e the safety of all tean	ns while stunting	A
11:30 AM	Skill Drills	Skills necessary t	o keep your team safe	e while stunting	A
11:45 AM	Spirit Spot Activity	Meet with your NC	CA Buddy		
12:00 PM	LUNCH				
12:30 PM	Spirit Spot Activity	Meet with your NC	CA Buddy		
12:45 PM	Stunts Class - Core+	These stunts mak	e up the foundation o	f all stunting	Α
1:15 PM	Cheer / Chant Review		& Chant for earlier		
1:30 PM	Custom Coaching	1 st Evaluation on	Cheer & Chant w/ Bud	ddy	С
2:00 PM	Spirit Break				
2:15 PM	Evaluation	2 nd Evaluation on	Cheer & Chant w/ Ca	mp	E
2:40 PM	Team Time	Team Bonding &	Games		А
2:40 PM 2:55 PM	Team Time Spirit Sticks		Games cemplifying team spirit	t throughout the da	
		Given to teams ex		t throughout the da	
2:55 PM 3:00 PM Time	Spirit Sticks Tally Ho Class	Given to teams ex Camp Dismissed! Notes	emplifying team spirit Have a great night!	t throughout the da	
2:55 PM 3:00 PM	Spirit Sticks Tally Ho Class Team Time / Spirit Chants	Given to teams ex Camp Dismissed! Notes Let's get camp sta	emplifying team spirit Have a great night! arted right!!		
2:55 PM 3:00 PM Time	Spirit Sticks Tally Ho Class	Given to teams ex Camp Dismissed! Notes Let's get camp sta Fun warm up to g	emplifying team spirit Have a great night! arted right!! et the body moving &	ready to go	ay
2:55 PM 3:00 PM Time 9:00 AM	Spirit Sticks Tally Ho Class Team Time / Spirit Chants Cheerobics Jump Class	Given to teams ex Camp Dismissed! Notes Let's get camp sta Fun warm up to g	emplifying team spirit Have a great night! arted right!!	ready to go	L A
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