



DAY CAMP - 3 DAY

2026

NFHS KEY:

CROWD LEADER

AMBASSADOR

SPIRIT RAISER

ATHLETE

ENTERTAINER

LEADERSHIP

Time	Class	Notes	NFHS
9:00 AM	Opening Rally/Demos	Meet your NCA Staff!!	
9:15 AM	Camp welcome, rules and info	Hey Ho!, ribbons, spirit stick & history	
9:30 AM	The NCA Game Day Experience (NCA GDX)		C
9:30 AM	NCA GDX - Intro <i>Coaches' Meeting</i>	What is "The NCA Game Day Experience"?	C
9:40 AM	NCA GDX - Fundamentals/Awareness	Learn what makes a solid foundation for Game Day!	C
9:50 AM	Situational Chant Class	Select 2 chants to learn from Chants #1-6	C
10:20 AM	NCA GDX - Props	How to properly use props & people on game day!!	E
10:30 AM	Band Chant	Music with crowd leading, incorp Dance Team/Mascot	E
11:00 AM	Buddy Time	Introductions, Spirit Book, Special Events	L
11:30 AM	NFHS	Cover the first section of NFHS Booklet	A
11:45 AM	Team Time <i>Coaches Return</i>	Intro to our camp theme! / Coaches meet w/ Buddy	S
12:00 PM	LUNCH		
1:00 PM	Spirit Chants!!	Get pumped up and warmed back up!!	
1:10 PM	S.T.A.Y. S.A.F.E.	Philosophy & skills to ensure safety while stunting	A
1:25 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
1:55 PM	The NCA Game Day Experience		A
1:55 PM	NCA GDX - Skills	Enhance your Game Day with appropriate skills	C
2:10 PM	Stunt Class #1	Core stunts & the foundations of stunting w/ prop incorp	A
3:25 PM	NCA GDX - Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
3:35 PM	Material Review <i>Leader's Reception</i>	Team Leaders meet with L.I.T. Staff	
3:55 PM	Team Time	Team Building Activities	L
4:25 PM	Announcements		
4:40 PM	Spirit Sticks	Given to teams exemplifying genuine team spirit	
5:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes2 IS
8:45 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
9:00 AM	Team Time <i>Coaches' Meeting</i>	Camp Starts / Coaches head to meeting location	L
9:20 AM	Cheerobics	Sideline Spirit Dance warm up & Jump exercises	
9:40 AM	Jump Class - H.E.L.P.	Create consistent jump techniques and build form	A
10:10 AM	All-American Cheer	Learn the All-American Cheer	C
10:30 AM	Stunt Class #2 <i>Coaches Return</i>	Core+, Stunt Progressions	A
11:45 AM	Dance Showcase	Demo of Hip Hop & Advanced Dance	
11:55 AM	St. Jude Talk	Share about the importance of philanthropic work	
12:00 PM	LUNCH		
1:00 PM	Custom Coaching #1	1st Eval on Band Chant & Situational Chant w/ Buddy	C
1:30 PM	Custom Coaching #2	1st Eval on Band Chant & Situational Chant w/ Buddy	C
2:00 PM	Custom Coaching #3	1st Eval on Band Chant & Situational Chant w/ Buddy	C
2:30 PM	Specialty Classes (Regional)	Spirit/Pom/Hip Hop Dance, AA Workshop & Opt. Stunt	E
3:30 PM	Warm-up for Evaluation	Team Leaders attend additional leadership classes	
3:45 PM	Evaluation	2 nd Evaluation of a Cheer & Chant	E
4:30 PM	Top Team & All-American Sign-Up	Optional final day competition sign up	E
4:40 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
4:50 PM	Team Time	Shower of Praise	A
5:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

FUN DAY 2

* Opportunity for home fight song & additional material feedback.



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Time	Class	Notes	Notes2 IS
9:00 AM	Coaches' Meeting		L
9:15 AM	Team Time	Camp Starts	L
9:25 AM	Cheerobics	Fun warm up to get the body moving & ready to go	
9:35 AM	All-American Warm-Up	Optional All-American Team Tryout	A
9:50 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	A
10:35 AM	Stunt Class #3 Coaches Return	Stunts / Pyramid connections and transitions	
11:20 AM	Dance Showcase/Practice Time	Review Dances & Coach practice with team	
12:00 PM	LUNCH		
1:00 PM	Custom Coaching #2	Prep time for final day competitions w/ NCA Buddy	C
1:30 PM	Custom Coaching #3	Prep time for final day competitions w/ NCA Buddy	C
2:00 PM	Custom Coaching #1	Prep time for final day competitions w/ NCA Buddy	C
2:30 PM	Final Evaluation	2nd Evaluation of the Band Chant	E
3:15 PM	Final Day Competition Warm-Up	All final day competitions are optional	
	Final Day Competitions		
3:30 PM	Top Team Chant	Both Band and Situational are performed in succession	
	Band Chant & Situational Sideline Chant	Crowd effective & practical. No Stunts or Tumbling Adjust to situational call, as taught, 30 sec timer	C C
4:00 PM	Top Team Cheer	Choose either Game Day or Performance Cheer	
	Game Day Cheer	Showcasing game day skills & crowd leading abilities	C
	Performance Cheer	Showcasing technical skills & crowd leading abilities	C
4:30 PM	Awards Presentation	Camp awards h&ed out.	
4:50 PM	Closing	Final thoughts & message to camp	

DAY 3

Notes:





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