

PERFORMANCE - 3 DAY

2026

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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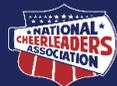
Time	Class	Notes	NFHS
1:00 PM	Opening Rally/Demos	Meet your NCA Staff!!	S
1:15 PM	Camp welcome, rules and info	Hey Ho!, ribbons, spirit stick & history	
1:30 PM	The NCA Game Day Experience (NCA GDX)		C
1:30 PM	NCA GDX - Intro <i>Coaches' Meeting</i>	What is "The NCA Game Day Experience"?	C
1:40 PM	NCA GDX - Fundamentals/Awareness	Learn what makes a solid foundation for Game Day!	C
1:50 PM	Chant Class	Select 2 chants to learn from Chants #1-6	C
2:20 PM	NCA GDX - Props	How to properly use props & people on game day!!	E
2:30 PM	The Jam	Dance utilized in the development of your routine	E
3:15 PM	Buddy Time	Introductions, Spirit Book, Special Events	L
3:55 PM	NFHS	Cover the first section of NFHS Booklet	A
4:10 PM	Team Time <i>Coaches Return</i>	Intro to our camp theme! / Coaches meet w/ Buddy	S
4:30 PM	DINNER		
5:30 PM	Spirit Chants!! <i>Leader's Receptor</i>	Get pumped up!!/Team Leaders meet with L.I.T. Staff	
5:40 PM	S.T.A.Y. S.A.F.E.	Philosophy & skills to ensure safety while stunting	A
5:55 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
6:10 PM	The NCA Game Day Experience		A
6:10 PM	NCA GDX - Skills	Enhance your Game Day with appropriate skills	C
6:25 PM	Stunt Class #1	Core stunts & the foundations of stunting w/ prop incorp	A
7:40 PM	NCA GDX - Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
7:50 PM	All-American Cheer	Learn the All-American Cheer	C
8:10 PM	Team Time	Team Building Activities	L
8:40 PM	Announcements		
8:50 PM	Spirit Sticks	Given to teams exemplifying genuine team spirit	
9:00 PM	Tally Ho	Camp Dismissed! Remember, tomorrow is FUN DAY!!	

DAY 1

Time	Class	Notes	Notes2 IS
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
8:30 AM	Team Time / <i>Coaches' Meeting</i>	Camp Starts / Coaches head to meeting location	L
8:40 AM	Cheerobics / The Jam Review	Fun warm up to get the body moving & ready to go	
8:50 AM	Design Time	Finish at least the first 6 8-counts	A
9:50 AM	Stunt Class #2 <i>Coaches Return</i>	Core+, Stunt Progressions	A
10:50 AM	Dance Showcase	Demo of Hip Hop & Advanced Dance	
11:20 AM	St. Jude Talk	Share about the importance of philanthropic work	
11:30 AM	LUNCH		
12:30 PM	<i>Practice Time with Coach</i>	Optional practice time if needed	
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	Stunt Class #3	Cradles, dismounts and baskets	A
3:30 PM	Specialty Classes	Hip Hop Dance, Advanced Danced & Option Stunts	E
4:30 PM	DINNER		
5:30 PM	<i>Practice Time with Coach</i>	Optional practice time if needed	
6:00 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
6:20 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
6:40 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
7:00 PM	Evaluation	2nd Evaluation of the Cheer	E
7:30 PM	Top Team & All-American Sign-Up	Optional final day competition sign up	
7:45 PM	Top Gun	Jumps, Tumbling, Stunts, & Dance	
8:30 PM	Spirit Sticks / Stick Skits / Mascots	Given to teams exemplifying team spirit throughout the day	
8:45 PM	Team Time	Shower of Praise	L
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

FUN DAY 2

* Opportunity for home fight song & additional material feedback.



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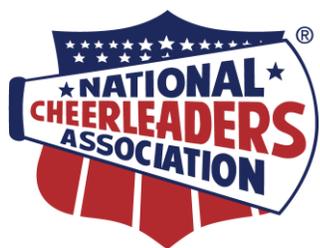
ENTERTAINER

LEADERSHIP

Time	Class	Notes	Notes2 IS
8:30 AM	Coaches' Meeting		
	All-American Warm-Up	Optional All-American Team Tryout	
8:45 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
9:30 AM	Final Day Competitions		
	The Jam Session Run-Off		
	Top Team Chant	Both Band and Situational are performed in succession	
	Band Chant &	Crowd effective & practical. No Stunts or Tumbling	
	Situational Sideline Chant	Adjust to situational call, as taught, 30 sec timer	
	Top Team Cheer	Choose either Game Day or Performance Cheer	
	Game Day Cheer	Showcasing game day skills & crowd leading abilities	
	Performance Cheer	Showcasing technical skills & crowd leading abilities	
11:10 AM	Top Gun Run-Off		
11:25 AM	Awards Presentation	Camp awards handed out.	
11:40 AM	Spirit Sticks	Take it home with you, if you earn one on the final day!	
11:45 AM	Closing	Final thoughts & message to camp	
12:00 PM	Tally Ho	Camp Dismissed!! Travel safe!	

DAY 3

NOTES:



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