

PERFORMANCE - 4 DAY

2026

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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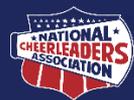
Time	Class	Notes	NFHS
1:00 PM	Opening Rally/Demos	Meet your NCA Staff!!	
1:15 PM	Camp welcome, rules and info	Hey Ho!, ribbons, spirit stick & history	
1:30 PM	Technique Detail <i>Coaches' Meeting</i>		
1:40 PM	All-American Cheer	Learn the All-American Cheer	C
The NCA Game Day Experience (NCA GDX)			
2:00 PM	NCA GDX - Intro <i>Coaches' Meeting</i>	What is "The NCA Game Day Experience"?	C
2:05 PM	NCA GDX - Fundamentals/Awareness	Learn what makes a solid foundation for Game Day!	C
2:15 PM	The Jam	Dance utilized in the development of your routine	E
3:00 PM	Buddy Time/ NFHS Section 1	Introductions, Spirit Book, Special Events	L
3:30 PM	Chant Class	Select 2 chants to learn from Chants #1-6	C
4:00 PM	NCA GDX - Props	How to properly use props & people on game day!!	E
4:15 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 Reception</i>	Team Leaders meet with L.I.T. Staff	
5:45 PM	S.T.A.Y. S.A.F.E.	Philosophy & skills to ensure safety while stunting	A
6:00 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
The NCA Game Day Experience			
6:15 PM	NCA GDX - Skills	Enhance your Game Day with appropriate skills	C
6:30 PM	Stunt Class #1	Core stunts & the foundations of stunting w/ prop incorp	A
7:15 PM	NCA GDX - Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
7:25 PM	All-American Cheer	Learn the All-American Cheer	C
8:25 PM	Team Time	Team Building Activities	L
8:55 PM	Announcements		
9:00 PM	Spirit Sticks	Given to teams exemplifying genuine team spirit	
9:20 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes 2 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
9:40 AM	Jump Class - H.E.L.P.	Create consistent jump techniques and build form	A
10:00 AM	Stunt Class #2 <i>Coaches Return</i>	Core+, Stunt Progressions	A
11:15 AM	Dance Showcase	Demo of Hip Hop & Advanced Dance	A
11:45 AM	St. Jude Talk	Share about the importance of philanthropic work	
11:55 AM	LUNCH		
12:55 PM	<i>Practice Time with Coach</i>	Optional practice time if needed	
1:25 PM	Custom Coaching #1	1st Eval on Band Chant & Situational Chant w/ Buddy	C
1:55 PM	Custom Coaching #2	1st Eval on Band Chant & Situational Chant w/ Buddy	C
2:25 PM	Custom Coaching #3	1st Eval on Band Chant & Situational Chant w/ Buddy	C
2:55 PM	Stunt Class #3	Cradles, dismounts and baskets	A
3:55 PM	Specialty Classes	Hip Hop Dance, Advanced Danced & Option Stunts	E
4:55 PM	DINNER		
5:55 PM	<i>Practice Time with Coach</i>	Optional practice time if needed	
6:25 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
6:45 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
7:05 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
7:25 PM	Evaluation	2 nd Evaluation on Routine or Cheer & Chant	E
7:55 PM	Top Gun	Jumps & Tumbling	
8:25 PM	Team Time	Team Building Activities	A
8:55 PM	Spirit Sticks / Stick Skits / Mascots	Given to teams exemplifying team spirit throughout the day	
9:25 PM	Tally Ho	Camp Dismissed! Remember, tomorrow is FUN DAY!!	

DAY 2

* Opportunity for home fight song & additional material feedback.



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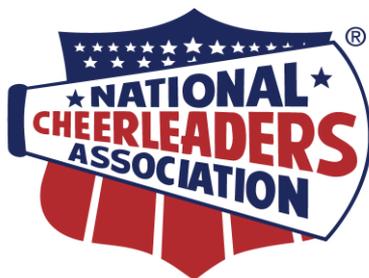
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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FUN DAY 3

Time	Class	Notes	2	3
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L	
8:30 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location		S
8:50 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go		
9:10 AM	Design Time	Finish the rest of the routine		
9:40 AM	Stunt Class #4 Coaches Return	Core+, Stunt Progressions w/ prop incorp		A
11:10 AM	Pom Dance / All-American Demo	Demonstration of how All-American Tryouts should look		
11:25 AM	Pin-It-Forward	1st pins are handed out by the NCA Staff		
11:30 AM	LUNCH			
12:30 PM	Practice Time with Coach	Optional practice time if needed		
1:00 PM	Custom Coaching #2	1 st Eval on Cheer (with entrance) w/ Buddy		C
1:30 PM	Custom Coaching #3	1 st Eval on Cheer (with entrance) w/ Buddy		C
2:00 PM	Custom Coaching #1	1 st Eval on Cheer (with entrance) w/ Buddy		C
2:30 PM	Stunt Class #5	Pyramid connections and transitions		A
3:30 PM	Specialty Classes	Pom Dance, AA Workshop & Opt. Stunts		E
4:30 PM	DINNER			
5:30 PM	Practice Time with Coach	Optional practice time if needed		
6:00 PM	Custom Coaching #1	Buddy Swap - Work on anything *		C
6:20 PM	Custom Coaching #2	Buddy Swap - Work on anything *		C
6:40 PM	Custom Coaching #3	Buddy Swap - Work on anything *		C
7:00 PM	All-American Warm-Up	Optional All-American Team Tryout		
7:15 PM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer		
7:45 PM	Top Gun	Stunts & Dance		
8:15 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day		
8:30 PM	Team Time	Shower of Praise		L
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!		

DAY 4

Time	Class	Notes	Notes2	IS
8:30 AM	Coaches' Meeting			
	Team Warm-Up	Get ready for the final day!		
8:45 AM	Evaluation	2nd Evaluation of the Band Chant, Chant & Cheer		E
9:30 AM	Final Day Competition Warm-Up	All final day competitions are optional		
9:50 AM	The Jam Session Run-Off			
	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
	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
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!		



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