



SKILLZ HOME CAMP - 3 DAY

Tumbling

2026

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
--------------	------------	---------------	---------	-------------	------------

Time	Class	Notes	
12:00 PM	Staff Intros	Introduce instructors	
	Roles of A Cheerleader	Reiterate our responsibilities as cheerleaders	
12:15 PM	STUNT S.A.F.E.	Philosophy for safety of teams while stunting	A
	Team Evaluations		
12:30 PM	Stunt Class #1	Progression warm up for stunt classes	A
1:30 PM	Baskets		A
2:15 PM	Tumbling		A
3:15 PM	Afternoon Break		
3:45 PM	All-American Cheer	Used for All-American Tryouts	S
4:00 PM	Stunt Class #2		A
5:00 PM	Pyramids		A
6:00 PM	Custom Coaching	1-on-1 with NCA Staff	E
6:30 PM	Closing		A

DAY 1

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	Tumbling		A
12:00 PM	Lunch		
1:00 PM	Baskets	Used for All-American Tryouts	A
2:00 PM	Stunt Class #3		A
3:00 PM	Custom Coaching	1-on-1 with NCA Staff	E
4:00 PM	Closing		L

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	All-American Tryouts	Optional All-American Team Tryout	C
10:00 AM	Tumbling		A
11:00 AM	Baskets		A
12:00 PM	Lunch		
1:00 PM	Pyramids		A
2:00 PM	Skill Implementation Session		C
3:00 PM	Custom Coaching	1-on-1 with NCA Staff	E
3:45 PM	Performances		E
4:00 PM	Closing		

DAY 3

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 All American 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.



nca.varsity.com | 800.NCA.2WIN