



# YOUTH CAMP - 3 DAY

2026

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
9:00 AM	Orientation / Introductions	Welcome to NCA Camp! / Meet your NCA Staff!!	
9:15 AM	Youth Dance	Novice Level Youth Dance	E
9:45 AM	Motions 101 / Coaches Meeting	Motion Technique & beginner fundamentals	C
10:15 AM	Cheer / Chant Class	Learn a Cheer & a Chant	L
10:45 AM	<b>Spirit Break</b>		
11:00 AM	Fun Ribbons	Staff gives out ribbons	
11:15 AM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
11:30 AM	Skill Drills	Skills necessary to keep your team safe while stunting	A
11:45 AM	Spirit Spot Activity	Meet with your NCA Buddy	
12:00 PM	<b>LUNCH</b>		
12:30 PM	Spirit Spot Activity	Meet with your NCA Buddy	
12:45 PM	Stunts Class - Core+	These stunts make up the foundation of all stunting	A
1:15 PM	Cheer / Chant Review	Review the Cheer & Chant for earlier	
1:30 PM	Custom Coaching	1 <sup>st</sup> Evaluation on Cheer & Chant w/ Buddy	C
2:00 PM	<b>Spirit Break</b>		
2:15 PM	Evaluation	2 <sup>nd</sup> Evaluation on Cheer & Chant w/ Camp	E
2:40 PM	Team Time	Team Bonding & Games	A
2:55 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
3:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	
9:00 AM	Team Time / Spirit Chants	Let's get camp started right!!	L
9:15 AM	Cheerobics	Fun warm up to get the body moving & ready to go	
9:30 AM	Jump Class	Work on & improve upon jumps & exercises	A
10:00 AM	Cheer Class / Coaches Meeting	Learn a Game Day Cheer	C
10:30 AM	<b>Spirit Break</b>		
10:45 AM	Chant Class	Learn a new chant	C
11:00 AM	Herkie Says	Play this fun variation of Simon Says	
11:15 AM	Stunt Class	Continue working on Core+ & Stunt Progressions 1	A
12:00 PM	<b>LUNCH</b>		
12:30 PM	Cheer / Chant Review	Review the Cheer & Chant for earlier	C
1:00 PM	Custom Coaching	1 <sup>st</sup> Evaluation on Cheer & Chant w/ Buddy	C
1:30 PM	<b>Spirit Break</b>		
1:45 PM	Final Evaluation	2 <sup>nd</sup> Evaluation on Cheer & Chant w/ Camp	E
2:15 PM	Team Time	Team Bonding & Games	A
2:35 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
2:45 PM	Closing	Final thoughts & message to camp	
3:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 2

Time	Class	Notes	
9:00 AM	Team Time / Spirit Chants	Let's get camp started right!!	L
9:15 AM	Cheerobics	Fun warm up to get the body moving & ready to go	
9:30 AM	Jump Class	Work on & improve upon jumps & exercises	A
10:00 AM	Cheer Class / Coaches Meeting	Learn a Game Day Cheer	C
10:30 AM	<b>Spirit Break</b>		
10:45 AM	Chant Class	Learn a new chant	C
11:00 AM	Herkie Says	Play this fun variation of Simon Says	
11:15 AM	Stunt Class	Continue working on Core+ & Stunt Progressions 1	A
12:00 PM	<b>LUNCH</b>		
12:30 PM	Cheer / Chant Review	Review the Cheer & Chant for earlier	C
1:00 PM	Custom Coaching	1 <sup>st</sup> Evaluation on Cheer & Chant w/ Buddy	C
1:30 PM	<b>Spirit Break</b>		
1:45 PM	Final Evaluation	2 <sup>nd</sup> Evaluation on Cheer & Chant w/ Camp	E
2:15 PM	Team Time	Team Bonding & Games	L
2:35 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
2:45 PM	Closing	Final thoughts & message to camp	
3:00 PM	Tally Ho	Camp Dismissed! Have a great year!	

DAY 3