## YOUTH CAMP - 2 DAY

## NFHS KEY:

| CROWD LEADER   | AMBASSADOR  | SPIRIT RAISER        | ATHLETE  | ENTERTAINER  | LEADERSHIP                                   |                   |
|--|---|----------------------|--|--|--|-------------------|
| Time   | Class   |                      | Notes  |  |  |                   |
| 9:00 AM  | Orientation   |                      | Welcome to NCA   | Camp!  |  |                   |
| 9:15 AM  | Introductions   |                      | Meet your NCA Staff!!  |  |  |                   |
| 9:30 AM  | Youth Dance - 1st Half  |                      | Novice Level Youth Dance   |  |  | E                 |
| 10:00 AM   | Spirit Break  |                      |  |  |  | E                 |
| 10:15 AM   | Motions 101 / Coach   | es Meeting           | Motion Technique   | and beginner fundar  | mentals                                      | С                 |
| 10:45 AM   | Cheer / Chant Class   |                      | Learn a Cheer and  | d a Chant  |  | L                 |
| 11:30 AM   | Fun Ribbons   |                      | Staff hands out rib  | bons   |  |                   |
| 11:45 AM   | Team Time / Coache  | es Reception         | Intro to our camp  | heme! / Coaches me   | eet w/ buddy                                 | S                 |
| 12:00 PM   | LUNCH   |                      |  |  |  |                   |
| 12:30 PM   | Spirit Spot Activity  |                      | Meet with your NC  | A Buddy  |  |                   |
| 12:45 PM   | Stunt S.A.F.E.  |                      | Philosophy ensure  | the safety of all tear   | ms while stunting                            | A                 |
| 1:00 PM  | Skill Drills  |                      |  | o keep your team saf   | -  | А                 |
| 1:15 PM  | Stunts Class - Core-  | -                    | •  | e up the foundation of   | -  | A                 |
| 1:45 PM  | Youth Dance - 2nd H   | lalf                 | Novice Level Yout  |  |  | E                 |
| 2:00 PM  | Spirit Break  |                      |  |  |  |                   |
| 2:15 PM  | Cheer / Chant Revie   | W                    | Review the Cheer   | and Chant for earlie   | r  |                   |
| 2:30 PM  | Custom Coaching   |                      | 1 <sup>st</sup> Evaluation on (  | Cheer & Chant w/ Bu  | lddv   | С                 |
| 3:00 PM  | Evaluation  |                      |  | Cheer & Chant w/ Ca  |  | E                 |
|  |   |                      |  |  |  |                   |
| 3:30 PM  | Team Time   |                      | Team Bonding an  | d Games  |  | L.                |
| 3:30 PM<br>3:50 PM   | Team Time<br>Announcements  |                      | Team Bonding an  | d Games  |  | Ľ.                |
| 3:50 PM  | Announcements   |                      |  |  | it throughout the d                          |                   |
|  |   |                      | Given to teams ex  | d Games<br>emplifying team spiri<br>Have a great night!  | it throughout the d                          |                   |
| 3:50 PM<br>3:55 PM   | Announcements<br>Spirit Sticks  |                      | Given to teams ex  | emplifying team spiri  | it throughout the d                          |                   |
| 3:50 PM<br>3:55 PM<br>4:00 PM  | Announcements<br>Spirit Sticks<br>Tally Ho  |                      | Given to teams ex<br>Camp Dismissed!<br>Notes  | emplifying team spiri  | it throughout the d                          |                   |
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