



VIRTUAL CAMP - 2 DAY

2020

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
8:30 AM	Staff Meets with Coach	Meet your NCA Staff!!	
9:00 AM	Introductions	Staff introductions	
9:15 AM	Band Chant	Great Game Day Dance to incorp Dance Team/Mascot	E
10:00 AM	Motion Technique Class	Work on establishing and cleaning motions through the	C
10:15 AM	Cheer Class	Learn Game Day Cheer #1 and Performance Cheer #1	C
10:45 AM	Chant Class	Select 2 chants to learn from Chants #1-10	C
11:05 AM	Team Time	Intro to our camp theme! / Coaches meet w/ buddy	S
11:20 AM	Jump Technique Class	Work on and improve upon jumps & exercises	A
12:00 PM	LUNCH		
	The NCA Game Day Experience	Developing the perfect Game Day atmosphere!	C
1:00 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	C
1:15 PM	Game Day Fundamentals	Learn what makes a solid foundation for Game Day!	C
1:30 PM	Practice Implementing	Use the Game Day Cheer learned during Cheer Class	C
1:55 PM	Game Day Props	How to properly use props and people on game day!!	C
2:10 PM	Performing with Props	Practical application using signs, poms, flags & megs	C
2:35 PM	Game Day Skills	Enhance your Game Day with appropriate skills	C
2:50 PM	Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
3:00 PM	Spirit Dance / Optional All-American Cheer		E
3:30 PM	Team Time	Team Building Activities	L
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

VIRTUAL DAY 1

Time	Class	Notes	
9:00 AM	Team Time	Camp Starts / Coaches head to meeting location	L
9:20 AM	Cheerobics	Fun warm up to get the body moving and ready to go	
9:30 AM	Jump Class	Work on and improve upon jumps & exercises	A
10:00 AM	Dance Class	Select your dance - Novice - Advanced Level Dances	E
11:00 AM	Team Time	Team Building Session	L
11:20 AM	Material Review / Optional All-American Tyout		
11:45 AM	Squad Credentialing Presentation		
12:00 PM	Tally Ho ** Let's Go	Camp Dismissed!	

VIRTUAL DAY 2

NOTES:

* Opportunity for home fight song and additional material feedback.