CHERLEADERS

DAY CAMP - 2 DAY

NFHS KEY:

Time Class Notes Meet your NCA Staff!! 9:00 AM Opening Rally/Demos Meet your NCA Staff!! 9:15 AM Camp welcome, rules and info Hey Ho!, ribbons, spirit stick & history The NCA Game Day Experience (NCA GDX) 9:30 AM NCA GDX - Intro Coaches' Meeting What is "The NCA Game Day Experience"? 9:40 AM NCA GDX - Fundamentals/Awareness Learn what makes a solid foundation for Game Day! 9:50 AM Situational Chant Class Select 2 chants to learn from Chants #1-6 10:20 AM NCA GDX - Props How to properly use props & people on game day!! 10:30 AM Band Chant Music with crowd leading, incorp Dance Team/Mascot Introductions, Spirit Book, Special Events 11:00 AM Buddy Time Introductions, Spirit Book, Special Events 11:30 AM NFHS Cover the first section of NFHS Booklet A 11:45 AM Team Time Coaches Return Intro to our camp theme! / Coaches meet w/ Buddy S 12:00 PM LUNCH 1:00 PM Spirit Chants!! Get pumped up and warmed back up! 1:10 PM S.T.A.Y. S.A.F.E. Philosophy & skills to ensure safety while stunting A 1:25 PM Skill Check Evaluate the current level of the team for stunt classes The NCA Game Day Experience Continue learning what it takes to make it great! A NCA GDX - Skills Enhance your Game Day with appropriate skills C NCA GDX - Final Thoughts Bring it all together to make the ultimate GD Experience! Material Review Leader's Receptior. Team Leaders meet with their NCA Buddy instructor 3:55 PM Material Review Leader's Receptior. Team Leaders meet with their NCA Buddy instructor Team Building Activities L A 1:40 PM Spirit Sticks Given to teams exemplifying genuine team spirit 5:00 PM Tally Ho Camp Dismissed! Have a great night!	CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP	
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Time	Class	Notes Notes2 \{S		
8:45 AM	Leaders in Training	Team Leaders attend additional leadership classes		
9:00 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location		
9:10 AM	Cheerobics / Band Chant Review	Fun warm up to get the body moving & ready to go		
9:20 AM	Jump Class	Work on & improve upon jumps & exercises		
9:50 AM	Stunt Class #2 Coaches Return	Core+, Stunt Progressions		
10:50 AM	Specialty Class	Demo of Hip Hop Dance or Spirit Dance/Opt. Stunt		
11:30 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer		
12:00 PM	LUNCH			
1:00 PM	Custom Coaching #2	1st Eval on Cheer & Chant or Band Chant		
1:30 PM	Custom Coaching #3	1st Eval on Cheer & Chant or Band Chant		
2:00 PM	Custom Coaching #1	1st Eval on Cheer & Chant or Band Chant		
2:30 PM	Final Evaluation	2nd Evaluation of a Cheer & Chant or Band Chant		
3:00 PM	Final Day Competition Warm-Up	All final day competitions are optional		
	Final Day Competitions			
3:15 PM	Top Team Chant	Both Band and Situational are performed in succession		
	Band Chant &	Crowd effective & practical. No Stunts or Tumbling		
	Situational Sideline Chant	Adjust to situational call, as taught, 30 sec timer		
3:55 PM	Top Team Cheer	Choose either Game Day or Performance Cheer		
	Game Day Cheer	Showcasing game day skills & crowd leading abilities		
	Performance Cheer	Showcasing technical skills & crowd leading abilities		
4:35 PM	Awards Presentation	Camp awards h&ed out		
5:00 PM	Closing	Final thoughts & message to camp		







FUN DAY 2