



DAY CAMP - 2 DAY

2025

NFHS KEY:

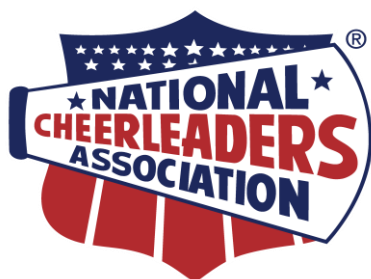
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFHS
9:00 AM	Opening Rally/Demos	Meet your NCA Staff!!	
9:15 AM	Camp welcome, rules and info	Hey Ho!, ribbons, spirit stick & history	
9:30 AM	The NCA Game Day Experience (NCA GDx)		C
9:30 AM	NCA GDx - Intro <i>Coaches' Meeting</i>	What is "The NCA Game Day Experience"?	C
9:40 AM	NCA GDx - Fundamentals/Awareness	Learn what makes a solid foundation for Game Day!	C
9:50 AM	Situational Chant Class	Select 2 chants to learn from Chants #1-6	C
10:20 AM	NCA GDx - Props	How to properly use props & people on game day!!	E
10:30 AM	Band Chant	Music with crowd leading, incorp Dance Team/Mascot	E
11:00 AM	Buddy Time	Introductions, Spirit Book, Special Events	L
11:30 AM	NFHS	Cover the first section of NFHS Booklet	A
11:45 AM	Team Time <i>Coaches Return</i>	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	A
1:55 PM	The NCA Game Day Experience		A
1:55 PM	NCA GDx - Skills	Enhance your Game Day with appropriate skills	C
2:10 PM	Stunt Class #1	Core stunts & the foundations of stunting w/ prop incorp	A
3:25 PM	NCA GDx - Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
3:35 PM	Material Review <i>Leader's Receptor</i>	Team Leaders meet with their NCA Buddy instructor	
3:55 PM	Team Time	Team Building Activities	L
4:25 PM	Announcements		
4:40 PM	Spirit Sticks	Given to teams exemplifying genuine team spirit	
5:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes 2 IS
8:45 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
9:00 AM	Team Time / <i>Coaches' Meeting</i>	Camp Starts / Coaches head to meeting location	L
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	A
9:50 AM	Stunt Class #2 <i>Coaches Return</i>	Core+, Stunt Progressions	A
10:50 AM	Specialty Class	Demo of Hip Hop Dance or Spirit Dance/Opt. Stunt	E
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	C
1:30 PM	Custom Coaching #3	1st Eval on Cheer & Chant or Band Chant	C
2:00 PM	Custom Coaching #1	1st Eval on Cheer & Chant or Band Chant	C
2:30 PM	Final Evaluation	2nd Evaluation of a Cheer & Chant or Band Chant	E
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 & Situational Sideline Chant	Crowd effective & practical. No Stunts or Tumbling Adjust to situational call, as taught, 30 sec timer	C
3:55 PM	Top Team Cheer	Choose either Game Day or Performance Cheer	
	Game Day Cheer	Showcasing game day skills & crowd leading abilities	C
	Performance Cheer	Showcasing technical skills & crowd leading abilities	C
4:35 PM	Awards Presentation	Camp awards h&ed out	
5:00 PM	Closing	Final thoughts & message to camp	

FUN DAY 2



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