



HOME CAMP - 3 DAY

2025

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFHS
11:30 AM	Staff Meets with Coach	Meet your NCA Staff!!	
12:00 PM	Introductions	Staff introductions	
12:15 PM	Band Chant	Great Game Day Dance to incorp Dance Team/Mascot	E
1:00 PM	Cheer Class	Learn Game Day Cheer #1 or Performance Cheer #1	C
1:30 PM	Situational Chant Class	Select 2 chants to learn from Chants #1-6	C
2:00 PM	S.T.A.Y. S.A.F.E.	Philosophy & skills to ensure safety while stunting	A
2:15 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
2:30 PM	Team Time	Intro to our camp theme! / Coaches meet w/ buddy	S
2:45 PM	Stunt Class #1	Core stunts & the foundations of stunting w/ prop incorp	A
4:00 PM	DINNER		A
	The NCA Game Day Experience (NCA GDx)		
5:00 PM	NCA GDx - Intro	What is "The NCA Game Day Experience"?	C
5:15 PM	NCA GDx - Fundamentals/Awareness	Learn what makes a solid foundation for Game Day!	C
5:45 PM	Dance Class	Squad's Choice	E
6:45 PM	Team Time	Team Building Activities	L
7:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

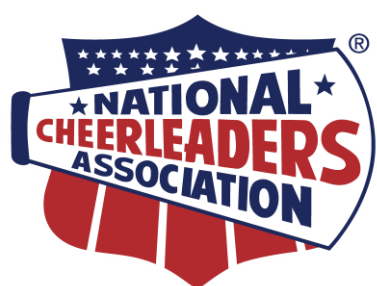
DAY 1

Time	Class	Notes	Notes 2 IS
9:00 AM	Team Time	Camp Starts / Coaches head to meeting location	L
9:10 AM	Cheerobics	Sideline Spirit Dance warm up & Jump exercises	
9:25 AM	Jump Class - H.E.L.P.	Create consistent jump techniques and build form	A
10:10 AM	Situational Chant Class	Select additional 2 chants to learn from Chants #1-6	C
10:40 AM	Stunt Class #2	Core+, Stunt Progressions	A
12:00 PM	LUNCH		
1:00 PM	Stunt Class #3	Cradles, dismounts and baskets	A
2:00 PM	Custom Coaching	1st Eval on Band Chant	C
2:40 PM	Evaluation	2nd Evaluation of the Band Chant	E
3:00 PM	Dance Class	Squad's Choice	E
3:50 PM	Team Time	Shower of Praise	L
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 2

Time	Class	Notes	2 3
9:00 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go	
9:30 AM	Jump Class	Continue to work & improve upon jumps & exercises	
10:00 AM	Stunt Class #4	Core+, Stunt Progressions w/ prop incorp	A
11:00 AM	Dance Class	Squad's Choice	E
12:00 PM	LUNCH	AA Nomination finalized by Lunch	
1:00 PM	All-American Warm-Up	Optional All-American Team Tryout	
1:15 PM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
2:00 PM	Custom Coaching	Work on anything*	A
2:40 PM	Final Evaluation	Final Evaluation of the Cheer & Chant or Band Chant	C
3:20 PM	Material Review		E
3:40 PM	Team Time	Shower of Praise	L
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 3



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