



OVERNIGHT - 4 DAY

2025

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
--------------	------------	---------------	---------	-------------	------------

Time	Class	Notes	NFHS
1:00 PM	Opening Rally/Demos	Meet your NCA Staff!!	
1:15 PM	Camp welcome, rules and info	Hey Ho!, ribbons, spirit stick & history	
	The NCA Game Day Experience (NCA GDx)		C
1:30 PM	NCA GDx - Intro <i>Coaches' Meeting</i>	What is "The NCA Game Day Experience"?	C
1:40 PM	NCA GDx - Fundamentals/Awareness	Learn what makes a solid foundation for Game Day!	C
1:50 PM	Situational Chant Class	Select 2 chants to learn from Chants #1-6	C
2:20 PM	NCA GDx - Props	How to properly use props & people on game day!!	E
2:30 PM	Band Chant	Music with crowd leading, incorp Dance Team/Mascot	E
3:15 PM	Buddy Time	Introductions, Spirit Book, Special Events	L
3:55 PM	NFHS	Cover the first section of NFHS Booklet	A
4:10 PM	Team Time <i>Coaches Return</i>	Intro to our camp theme! / Coaches meet w/ Buddy	S
4:30 PM	DINNER		
5:30 PM	Spirit Chants!!	Get pumped up and warmed back up!!	
5:40 PM	S.T.A.Y. S.A.F.E.	Philosophy & skills to ensure safety while stunting	A
5:55 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
	The NCA Game Day Experience		A
6:10 PM	NCA GDx - Skills	Enhance your Game Day with appropriate skills	C
6:25 PM	Stunt Class #1	Core stunts & the foundations of stunting w/ prop incorp	A
7:40 PM	NCA GDx - Final Thoughts	Bring it all together to make the ultimate GD Experience!	C
7:50 PM	Material Review <i>Leader's Reception</i>	Team Leaders meet with their NCA Buddy instructor	
8:10 PM	Team Time	Team Building Activities	L
8:40 PM	Announcements		
8:50 PM	Spirit Sticks	Given to teams exemplifying genuine team spirit	
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes2 IS
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
8:30 AM	Team Time <i>Coaches' Meeting</i>	Camp Starts / Coaches head to meeting location	L
8:50 AM	Cheerobics	Sideline Spirit Dance warm up & Jump exercises	
9:10 AM	Jump Class - H.E.L.P.	Create consistent jump techniques and build form	A
9:40 AM	All-American Cheer	Learn the All-American Cheer	C
10:00 AM	Stunt Class #2 <i>Coaches Return</i>	Core+, Stunt Progressions	A
11:15 AM	Dance Showcase	Demo of Hip Hop & Advanced Dance	
11:25 AM	St. Jude Talk	Share about the importance of philanthropic work	
11:30 AM	LUNCH		
12:30 PM	<i>Practice Time with Coach</i>	Optional practice time if needed	
1:00 PM	Custom Coaching #1	1st Eval on Band Chant & Situational Chant w/ Buddy	C
1:30 PM	Custom Coaching #2	1st Eval on Band Chant & Situational Chant w/ Buddy	C
2:00 PM	Custom Coaching #3	1st Eval on Band Chant & Situational Chant w/ Buddy	C
2:30 PM	Stunt Class #3	Cradles, dismounts and baskets	A
3:30 PM	Specialty Classes	Hip Hop Dance, Advanced Danced & Option Stunts	E
4:30 PM	DINNER		
5:30 PM	<i>Practice Time with Coach</i>	Optional practice time if needed	
6:00 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
6:20 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
6:40 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
7:00 PM	Evaluation	2 nd Evaluation of a Band Chant & Situational Chant	E
8:00 PM	Team Time	Team Building Activities	A
8:30 PM	Announcements		
8:40 PM	Spirit Sticks / Stick Skits / Mascots	Given to teams exemplifying team spirit throughout the day	
9:00 PM	Tally Ho	Camp Dismissed! Remember, tomorrow is FUN DAY!!	

DAY 2

* Opportunity for home fight song & additional material feedback.



OVERNIGHT - 4 DAY

2025

NFHS KEY:

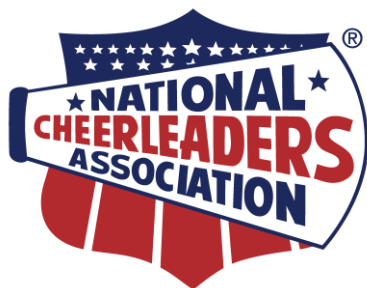
CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
--------------	------------	---------------	---------	-------------	------------

Time	Class	Notes	2	3
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L	
8:30 AM	Team Time Coaches' Meeting	Camp Starts / Coaches head to meeting location		S
8:50 AM	Cheerobics	Sideline Spirit Dance warm up & Fun day!!!		
9:10 AM	Cheer Class	Learn your Cheer for evals and final day comps	A	
9:40 AM	Stunt Class #4 Coaches Return	Core+, Stunt Progressions w/ prop incorp	A	
11:10 AM	Pom Dance / All-American Demo	Demonstration of how All-American Tryouts should look		
11:25 AM	Pin-It-Forward	1st pins are handed out by the NCA Staff		
11:30 AM	LUNCH			
12:30 PM	Practice Time with Coach	Optional practice time if needed		
1:00 PM	Custom Coaching #2	1 st Eval on Cheer (with entrance) w/ Buddy	C	
1:30 PM	Custom Coaching #3	1st Eval on Cheer (with entrance) w/ Buddy	C	
2:00 PM	Custom Coaching #1	1st Eval on Cheer (with entrance) w/ Buddy	C	
2:30 PM	Stunt Class #5	Pyramid connections and transitions	A	
3:30 PM	Specialty Classes	Pom Dance, AA Workshop & Opt. Stunts	E	
4:30 PM	DINNER			
5:30 PM	Practice Time with Coach	Optional practice time if needed		
6:00 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C	
6:20 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C	
6:40 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C	
7:00 PM	Evaluation	2nd Evaluation of the Cheer	E	
8:00 PM	Top Team & All-American Sign-Up	Optional final day competition sign up	E	
8:15 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day		
8:30 PM	Announcements			
8:40 PM	Team Time	Shower of Praise	L	
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!		

FUN DAY 3

Time	Class	Notes	Notes2	IS
8:30 AM	Coaches' Meeting			
	All-American Warm-Up	Optional All-American Team Tryout		
8:45 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer		
9:30 AM	Final Day Competition Warm-Up	All final day competitions are optional		
	Final Day Competitions			
9:50 AM	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	
			C	
10:30 AM	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	
11:10 AM	Material Showcase	Advanced, Hip Hop & Spirit Dance / AA Cheer / Seniors		
11:25 AM	Awards Presentation	Camp awards handed out		
11:40 AM	Spirit Sticks	Take it home with you, if you earn one on the final day!		
11:45 AM	Closing	Final thoughts & message to camp		
12:00 PM	Tally Ho	Camp Dismissed!! Travel safe!		

DAY 4



nca.varsity.com | 800.NCA.2WIN

