



# RESORT - 3 DAY

2025

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFHS	S
1:00 PM	Opening Rally/Demos	Meet your NCA Staff!!		
1:15 PM	Camp welcome, rules and info	Hey Ho!, ribbons, spirit stick & history		
<b>The NCA Game Day Experience (NCA GDx)</b>				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	<b>DINNER</b>			
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
<b>The NCA Game Day Experience</b>				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		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 #2 <i>Coaches Return</i>	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	<b>LUNCH</b>			
12:30 PM	<i>Practice Time with Coach</i>	Optional practice time if needed		
1:00 PM	Custom Coaching #2	1 <sup>st</sup> Eval on Cheer (with entrance) w/ Buddy		C
1:30 PM	Custom Coaching #3	1 <sup>st</sup> Eval on Cheer (with entrance) w/ Buddy		C
2:00 PM	Custom Coaching #1	1 <sup>st</sup> Eval on Cheer (with entrance) w/ Buddy		C
2:30 PM	Final Evaluation	2nd Evaluation of the Band Chant		E
3:15 PM	Stunt Class #3	Pyramid connections and transitions		A
3:45 PM	Top Team & All-American Sign-Up	Optional final day competition sign up		
4:00 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day		
4:10 PM	Team Time	Shower of Praise		L
4:30 PM	Tally Ho	Camp Dismissed! Have a great night!		
<b>DINNER</b>				
	Practice Time / Free Time	Optional practice time with coach if needed		

FUN DAY 2

\* Mealtimes listed are not inclusive of meals provided. Please refer to your specific camp information to see what meals are included.



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NFHS KEY:

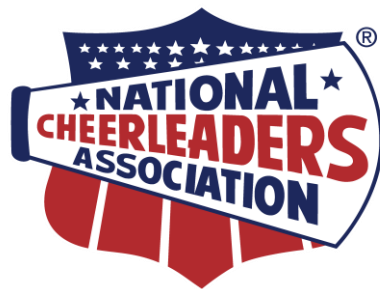
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Time	Class	Notes	Notes2 IS
8:30 AM	<b>Coaches' Meeting</b>		
	All-American Warm-Up	Optional All-American Team Tryout	
8:45 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
9:30 AM	Final Day Competition Warm-Up	All final day competitions are optional	
	<b>Final Day Competitions</b>		
9:50 AM	<b>Top Team Chant</b>	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	<b>Top Team Cheer</b>	Choose either Game Day or Performance Cheer	
	Game Day Cheer	Showcasing game day skills & crowd leading abilities	C C
	Performance Cheer	Showcasing technical skills & crowd leading abilities	C 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 3

NOTES:

Empty box for notes.



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