



SKILLZ OVERNIGHT CAMP - 3 DAY

Tumbling

2025

NFHS KEY:

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

Time	Class	Notes	
1:00 PM	Staff Intros	Introduce instructors	
	Roles of a Cheerleader	Reiterate our responsibilities as cheerleaders	
1:15 PM	STUNT S.A.F.E.	Philosophy for safety of teams while stunting	S
1:30 PM	Team Evaluations	Progression warm up for stunt classes	A
2:00 PM	Basic Loads and Dismounts		
2:30 PM	Stunt Class #1		A
3:50 PM	Pyramids (All-American Tryout Demo)		A
4:30 PM	DINNER		C
5:45 PM	All-American Cheer	Used for All-American Tryouts	A
	Coaches Skill Drills		L
6:00 PM	Baskets and Tumbling Rotation #1		A
7:00 PM	Baskets and Tumbling Rotation #2		C
8:00 PM	Skill Implementation Session	Utilizing Skills in a gameday environment	
8:15 PM	Custom Coaching	1-on-1 with NCA Staff	
8:45 PM	Team Time	Team unity development exercise	L
8:55 PM	Pin It Forward		A
9:00 PM	Good Night!!		

DAY 1

Time	Class	Notes	
9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready to go	
	Coaches Skill Drills		
9:30 AM	Stunt Class #2		A
10:45 AM	Baskets and Tumbling Rotation #2		A
11:30 AM	LUNCH		A
12:45 PM	Coaches Skill Drills		
1:00 PM	All-American Review		
1:15 PM	Team Time		L
1:30 PM	Stunt Class #3		A
3:00 PM	Baskets and Tumbling Rotation #1		A
4:00 PM	Jumps		A
4:30 PM	DINNER		
6:00 PM	Coaches Skill Drills		
6:30 PM	Custom Coaching	1-on-1 with NCA Staff	
7:30 PM	All-American Tryouts	Optional All-American Team Tryout	C
8:10 PM	Top Gun Jumps & Tumbling		A
8:50 PM	Announcements		
9:00 PM	Good Night!!		

DAY 2

Time	Class	Notes	
9:00 AM	Dynamic Warm up	Fun Sport Specific warm up to get the body ready to go	
	Coaches Meeting		
9:30 AM	Custom Coaching	1-on-1 with NCA Staff	
10:30 AM	Floor Rotations		E
11:00 AM	Top All-American		A
12:00 PM	Top Gun Stunts		E
12:00 PM	Performances		E
12:00 PM	Pin It Forward		A
12:10 PM	Awards		
12:40 PM	Closing		
12:45 PM	Travel Safe and See You Soon!!		

DAY 3

NOTES:

ALL-AMERICAN NOMINEE

Selected by Staff, in one of the following areas: jumps, tumbling, stunting.

ALL-AMERICAN TRYOUT CRITERIA

1. COMBO TRACK: Athletes must successfully complete a round off back handspring backtuck minimum. They must also successfully complete a transitional
2. TUMBLE TRACK- If they choose the tumbling option, they must successfully complete a round off back handspring layout minimum. They must also perform a standing back tuck.
3. STUNT TRACK- If they choose the stunting option, they must successfully complete a full up (360) entrance to the top and full down from a liberty variation
4. TOP All-American- If an athlete wants to be considered for our Top All-American award, they must successfully complete the TUMBLE TRACK AND STUNT TRACK requirements in their tryout. They must also substitute a Back tuck in the All American Cheer in place of the jump. Difficulty and quality of execution will be taken into consideration in determining the Top All-American at each camp.