



Christian - 4 DAY



Leadership 2018 CAMP SCHEDULE

NFHS KEY:



CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP	LEADERSHIP
Time	Class	Notes				
1:00 PM	Opening Rally / Prayer					
1:15 PM	Fun Jam	Spirit routine, part of the Rally Routine				E
	Coach Meeting (1.5 hr)					
1:45 PM	Squad Tradition	Team bonding / Leadership				L
2:00 PM	Camp Cheer	Used for All-American tryouts				C
2:30 PM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting				A
2:45 PM	Skill Drills	Skills necessary to keep your team safe while stunting				A
3:00 PM	Core Stunts	These stunts make up the foundation of all stunting				A
3:30 PM	Skill Check	Evaluate the current level of the team for stunt classes				A
3:45 PM	Gatorade Break					
3:55 PM	Chants (3)					C
4:15 PM	Christian Leadership	Team Activity				L
4:45 PM	DINNER					
6:30 PM	Star Jumper / Tumbler	Optional individual competition				A
7:00 PM	Game Day Cheer (signs/poms)	Bring your signs & poms to class				C
7:15 PM	Pep Rally	Fun pep rally. Take notes!				C
7:30 PM	T-Shirt Swap	NCA Leadership tradition. Bring shirt from your school				A
	Fashion Show					
	Material Review					
7:45 PM	Spirit Sticks	Daily Awards & announcements				
8:00 PM	Worship & Devotional / Coach Reception					L
Time	Class	Notes				
8:00 AM	Prayer & Team Activity					L
8:30 AM	Cheerobics / Coach Meeting (1 hr)	Warm up & stretch for the day				
8:45 AM	Game Day Class (signs/poms)	Learn how to utilize signs & poms. Bring yours.				C
9:15 AM	Chants (3)					C
9:30 AM	Material Review					
9:40 AM	Stunts					A
10:15 AM	Gatorade Break / Safety Awareness					
10:30 AM	Pyramids	Work on static & transitional structures				A
11:00 AM	Rally Routine	Staff helps you build a customized pep rally routine				S
11:30 AM	LUNCH (Captains Lunch)	Captains meet and lunch together				A
1:30 PM	Specialty Classes	Stunt Workshop / Game Day Cheer				C
2:00 PM	Dance Class (hip hop / band chant)	Split your team and learn both				E
	Coach Meeting (45 min.)					
2:30 PM	Material Review					
2:45 PM	1-on-1 Coaching	Get staff for 1 on 1 time to work on whatever you need				C
4:00 PM	Christian Leadership					L
4:30 PM	DINNER					
6:30 PM	Star Stunt	Optional stunt competition				A
7:00 PM	Evaluation - Cheer	1st evaluation on a cheer learned at camp				
7:30 PM	Rally Routine	Continue customizing your routine with an instructor				S
7:45 PM	All American Demos					
8:00 PM	Spirit Sticks	Daily awards and announcements				
8:15 PM	Bible Study / Worship					L

DAY 1

DAY 2



CHRISTIAN - 4 DAY

Leadership 2018 CAMP SCHEDULE

NFHS KEY:

CROWD LEADER
AMBASSADOR
SPIRIT RAISER
ATHLETE
ENTERTAINER
LEADERSHIP



Time	Class	Notes	
8:00 AM	Prayer & Team Activity		L
8:30 AM	Cheerobics / Coach Meeting (1.5 hr)	Warm up and stretch for the day	
8:45 AM	Jumps	Proper technique and strength builders	A
9:15 AM	Dance Class (hip hop / pom)	Back to the same groups as yesterday	D
9:45 AM	Material Review		
10:00 AM	Stunts		A
11:00 AM	Gatorade Break / Dance Party		
11:10 AM	Rally Routine	Continue building customized pep rally routine	S
11:30 AM	All-American Sign-Ups	Any leaders may sign up	
LUNCH			
1:30 PM	Specialty Classes	Basket Toss/Cradle Class / AA Workshop / Camp Champ	A
2:00 PM	1-on-1 Coaching	Get staff for 1 on 1 time to work on whatever you need	C
3:20 PM	Gatorade Break		
3:30 PM	Evaluation / Champion Chant	Evaluation on any chant learned at camp	C
4:00 PM	Christian Leadership		L
4:30 PM	DINNER		
6:30 PM	All-American Tryout	Friends and family are welcome to watch	
7:00 PM	Rally Routine	Run through rally routine on the mat	S
7:30 PM	Coaches Recognition	Fun activity with Coach	
7:45 PM	Spirit Sticks	Daily Awards and Announcements	
8:00 PM	Bible Study & Worship		L

FUN DAY 3

Time	Class	Notes	
9:00 AM	Optional practice Time with Coach	Final preparations for the last day	
9:30 AM	Final Evaluation		
10:00AM	Extra practice Time with Coach		
10:15 AM	Camp Champion Runoff	Rally Routine competition	C
10:45 AM	Material Showcase		C
11:00 AM	AWARDS		
11:15 AM	Final Leadership/Closing Prayer		L
11:30 AM	TALLY HO!		

DAY 4



NOTES: