NFHS KEY:

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



CHRISTIAN - 4 DAY Leadership 2018 CAMP SCHEDULE

NFHS KEY:

CROWD LEADER **AMBASSADOR**

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	N .
9:15 AM	Dance Class (hip hop / pom)	Back to the same groups as yesterday	
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	
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	
3:20 PM	Gatorade Break		
3:30 PM	Evaluation / Champion Chant	Evaluation on any chant learned at camp	
4:00 PM	© Christian Leadership	La companya da la co	
4:30 PM	DINNER		
6:30 PM	All-American Tryout	Friends and family are welcome to watch	(N)
7:00 PM	Rally Routine	Run through rally routine on the mat	
7:30 PM	Coaches Recognition	Fun activity with Coach	
7:45 PM	Spirit Sticks	Daily Awards and Announcements	
8:00 PM	Bible Study & Worship		

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!		



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