



DAY CAMP - 2 DAY

2018 CAMP SCHEDULE

NFHS KEY:

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

| Time | Class | Notes | |
|----------|------------------------------------|--|---|
| 9:00 AM | Opening Rally | Meet your NCA Staff!! | |
| 9:15 AM | Material Demos | Band Dance, Camp Cheer and a Chant w/ 3-3-3 method | |
| 9:30 AM | Band Chant / Coaches' Meeting | Great Game Day Dance to incorp Dance Team/Mascot | E |
| 10:00 AM | Camp Cheer | Used for All-American Tryouts and Evaluations | C |
| 10:30 AM | Chant Class | Select 2 chant to learn from chants #1-5 | C |
| 11:00 AM | Buddy Time | Introductions, Spirit Book, National Bid/NFHS Process | L |
| 11:15 AM | Stunt S.A.F.E. / Coaches Return | Philosophy ensure the safety of all teams while stunting | A |
| 11:30 AM | Skill Drills | Skills necessary to keep your team safe while stunting | A |
| 11:45 AM | Team Time / Coaches Reception | Intro to our camp theme! / Coaches meet w/ buddy | S |
| 12:00 PM | LUNCH | | |
| 1:00 PM | Core Stunts | These stunts make up the foundation of all stunting | A |
| 1:45 PM | Skill Check | Evaluate the current level of the team for stunt classes | A |
| 2:00 PM | Basket Builders | Take part in drills or optional class for JH/MS teams | A |
| 3:00 PM | Game Day Entrance | NCA Staff will demo a Game Day Entrance & Cheer | |
| 3:05 PM | Game Day Cheer Class | Select 1 Cheer to learn from NCA Cheers #1, #2, or #3 | C |
| 3:35 PM | Time-Out Spirit Dance | Novice Level Dance | C |
| 4:05 PM | Leader's Reception/Material Review | Team Leaders meet with their NCA Buddy instructor | S |
| 4:25 PM | Team Time | | L |
| 4:50 PM | Announcements | | |
| 4:55 PM | Spirit Sticks | Given to teams exemplifying team spirit throughout the day | |
| 5:00 PM | Tally Ho | Camp Dismissed! Have a great night! | |

DAY 1

| Time | Class | Notes | |
|----------|----------------------------------|---|---|
| 8:45 AM | Leaders in Training | Team Leaders attend additional leadership classes | L |
| 9:00 AM | Team Time / Coaches' Meeting | Camp Starts / Coaches head to meeting location | L |
| 9:10 AM | Cheerobics / Spirit Dance Review | Fun warm up to get the body moving and ready to go | |
| 9:20 AM | Jump Class | Work on and improve upon jumps & exercises | A |
| 9:50 AM | Chant Class | Select 2 chant to learn from chants #6-10 | C |
| 10:20 AM | Stunt Class | Core+, Novice, Intermediate, and Advance Levels | A |
| 11:20 AM | Specialty Class | Demo of Hip Hop Dance or Optional All-American Tryout | E |
| 12:00 PM | LUNCH | | |
| 1:00 PM | Custom Coaching #2 | 1 st Eval on Cheer & Chant or Band Chant | C |
| 1:30 PM | Custom Coaching #3 | 1 st Eval on Cheer & Chant or Band Chant | C |
| 2:00 PM | Custom Coaching #1 | 1 st Eval on Cheer & Chant or Band Chant | C |
| 2:30 PM | Final Evaluation | 2 nd Evaluation of a Cheer & Chant or Band Chant | E |
| 3:15 PM | Final Day Competition Warm-Up | All final day competitions are optional | |
| | Final Day Competitions | Each team can compete in up to 2 categories | |
| 3:30 PM | Top Team Chant | No Entrance, as taught, 3-3-3, Allow levels and ripples | C |
| 4:00 PM | Top Team Band Chant | Crowd effective & practical. No Stunts or Tumbling | C |
| 4:00 PM | Top Team Cheer | Showcasing team skills and crowd leading abilities | C |
| 4:30 PM | Awards Presentation | Camp awards handed out. | |
| 4:45 PM | Closing | Final thoughts and message to camp | |

DAY 2

NOTES: