



# DAY CAMP - 3 DAY

2018 CAMP SCHEDULE

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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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	<b>LUNCH</b>		
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	Cheer Class	Select 1 from NCA Cheers GD #1, #2 or Perf #1, #2	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
11:50 AM	Dance Showcase	Demo of Hip Hop Dance & Advanced Dance	
12:00 PM	<b>LUNCH</b>		
1:00 PM	Custom Coaching #1	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
1:30 PM	Custom Coaching #2	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:00 PM	Custom Coaching #3	1 <sup>st</sup> Eval on Cheer (with entrance) & Chant w/ Buddy	C
2:30 PM	Specialty Classes	Hip Hop Dance, AA Workshop & Stunt Class	E
3:30 PM	Warm-up for Evaluation	Team Leaders attend additional leadership classes	
3:45 PM	Evaluation	2 <sup>nd</sup> Evaluation of a Cheer & Chant or Band Chant	E
4:15 PM	Top Team and All-American Sign-Up	Optional final day competition sign up	E
4:30 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
4:40 PM	Team Time	Shower of Praise	A
4:55 PM	Tally Ho	Camp Dismissed! Have a great night!	

FUN DAY 2

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	Stunt Class	Core+, Novice, Intermediate, and Advance Levels	A
10:20 AM	Pyramid Workshop	Team works on Static and Transitional pyramids	A
11:05 AM	All-American Warm-Up	Optional All-American Team Tryout	
11:15 AM	All-American Tryout	3 stamina jumps, spirited entrance, & camp cheer	
12:00 PM	<b>LUNCH</b>		
1:00 PM	Custom Coaching #2	1 <sup>st</sup> Eval on Band Chant w/ NCA Buddy	C
1:30 PM	Custom Coaching #3	1 <sup>st</sup> Eval on Band Chant w/ NCA Buddy	C
2:00 PM	Custom Coaching #1	1 <sup>st</sup> Eval on Band Chant w/ NCA Buddy	C
2:30 PM	Final Evaluation	2 <sup>nd</sup> Evaluation of the Band Chant	E
3:15 PM	Final Day Competition Warm-Up	All final day competitions are optional	
	<b>Final Day Competitions</b>	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 3