



HOME CAMP - 1 DAY

2018 CAMP SCHEDULE

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
9:00 AM	Staff Meets with Coach	Meet your NCA Staff!!	
9:30 AM	Introductions	Staff introductions	
9:45 AM	Band Chant	Great Game Day Dance to incorp Dance Team/Mascot	E
10:30 AM	Camp Cheer	Used for All-American Tryouts and Evaluations	C
11:00 AM	Chant Class	Select 2 chant to learn from chants #1-5	C
11:30 AM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
11:45 AM	Skill Drills	Skills necessary to keep your team safe while stunting	A
12:00 PM	Team Time	Intro to our camp theme! / Coaches meet w/ buddy	S
12:15 PM	Snack Break		
12:45 PM	Jump Technique Class	Work on and improve upon jumps & exercises	A
1:45 PM	Core Stunts	These stunts make up the foundation of all stunting	A
2:15 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
2:30 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	
2:35 PM	Cheer Class	Select 1 from NCA Cheers GD #1, #2 or Perf #1, #2	C
3:05 PM	Time-Out Spirit Dance	Novice Level Dance	C
3:35 PM	Team Time	Team Building Activities	L
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

NOTES:

* Opportunity for home fight song and additional material feedback.