



HOME CAMP - 3 DAY

2018 CAMP SCHEDULE

NFHS KEY:

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

Time	Class	Notes	
11:30 AM	Staff Meets with Coach	Meet your NCA Staff!!	
12:00 PM	Introductions	Band Dance, Camp Cheer and a Chant w/ 3-3-3 method	
12:30 PM	Band Chant	Great Game Day Dance to incorp Dance Team/Mascot	E
1:15 PM	Camp Cheer	Used for All-American Tryouts and Evaluations	C
1:45 PM	Chant Class	Select 2 chant to learn from chants #1-5	C
2:15 PM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
2:30 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
2:45 PM	Team Time	Intro to our camp theme! / Coaches meet w/ buddy	S
3:00 PM	Snack Break		
3:30 PM	Jump Technique Class	Work on and improve upon jumps & exercises	A
4:30 PM	Core Stunts	These stunts make up the foundation of all stunting	A
5:15 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
5:30 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	
5:35 PM	Game Day Cheer Class	Select 1 Cheer to learn from NCA Cheers #1, #2, or #3	C
6:05 PM	Time-Out Spirit Dance	Novice Level Dance	C
6:35 PM	Team Time	Team Building Activities	L
7:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	
9:00 AM	Team Time	Camp Starts / Coaches head to meeting location	L
9:20 AM	Cheerobics	Fun warm up to get the body moving and ready to go	
9:30 AM	Jump Class	Work on and improve upon jumps & exercises	A
10:00 AM	Chant Class	Select 2 chant to learn from chants #6-10	C
10:30 AM	Stunt Class	Core+, Novice, Intermediate, and Advance Levels	A
12:00 PM	LUNCH		
1:00 PM	Pyramid Workshop	Team works on Static and Transitional pyramids	A
2:00 PM	Custom Coaching	1 st Eval on Band Chant	C
2:40 PM	Evaluation	2 nd Evaluation of the Band Chant	E
3:00 PM	Dance Class	Squad's Choice	E
3:50 PM	Team Time	Shower of Praise	L
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 2

Time	Class	Notes	
9:00 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go	
9:30 AM	Jump Class	Continue to work and improve upon jumps & exercises	
10:00 AM	Stunt Class	Core+, Novice, Intermediate, and Advance Levels	A
11:00 AM	Dance Class	Squad's Choice	E
12:00 PM	LUNCH	AA Nomination finalized by Lunch	
1:00 PM	All-American Warm-Up	Optional All-American Team Tryout	
1:15 PM	All-American Tryout	3 stamina jumps, spirited entrance, & camp cheer	
2:00 PM	Custom Coaching	Work on anything *	A
2:40 PM	Final Evaluation	Final Evaluation of the Cheer & Chant or Band Chant	C
3:20 PM	Material Review		E
3:40 PM	Team Time	Shower of Praise	L
3:50 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 3

NOTES:

* Opportunity for home fight song and additional material feedback.