



OVERNIGHT - 4 DAY *Leadership* 2018 CAMP SCHEDULE

NFHS KEY:



CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
1:00 PM	Opening Rally		
1:15 PM	Fun Jam	Spirit routine, part of the Rally Routine	E
	Coach Meeting (1.5 hr)		
1:45 PM	Squad Tradition	Team bonding / Leadership	L
2:00 PM	Camp Cheer	Used for All-American tryouts	C
2:30 PM	Stunt S.A.F.E.	Philosophy to ensure the safety of all teams while stunting	A
2:45 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
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)	Sidelines	C
4:15 PM	Leadership	Introduction of camp theme & goals	L
4:45 PM	DINNER		
6:30 PM	Star Jumper / Tumbler	Optional individual competition	A
7:00 PM	Game Day Cheer (signs/poms)	Bring your signs & poms to class	C
7:15 PM	Pep Rally	Fun pep rally. Take notes!	C
7:30 PM	T-Shirt Swap	NCA Leadership tradition. Bring a shirt from your school	A
	Fashion Show		
	Material Review		
7:45 PM	Spirit Sticks	Daily Awards & announcements	
8:00 PM	Leadership / Coach Reception		L

DAY 1

Time	Class	Notes	
8:00 AM	Leadership		L
8:30 AM	Cheerobics / Coach Meeting (1 hr)	Warm up & stretch for the day	
8:45 AM	Game Day Class (signs/poms)	Learn how to utilize signs & poms. Bring yours.	C
9:15 AM	Chants (3)	Sidelines	C
9:30 AM	Material Review		
9:40 AM	Stunts	Learn at your level. Core+/Novice/Intermediate/Advanced	A
10:15 AM	Gatorade Break / Safety Awareness	Review stunt safety rules	
10:30 AM	Pyramids	Work on static & transitional structures	A
11:00 AM	Rally Routine	Staff helps you build a customized pep rally routine	S
11:30 AM	LUNCH (Captains Lunch)	Captains meet and lunch together	A
1:30 PM	Specialty Classes	Stunt Workshop / Game Day Cheer	C
2:00 PM	Dance Class (hip hop / band chant)	Split your team and learn both	E
	Coach Meeting (45 min.)		
2:30 PM	Material Review		
2:45 PM	1-on-1 Coaching	Get staff for 1 on 1 time to work on whatever you need	C
4:00 PM	Leadership		L
4:30 PM	DINNER		
6:30 PM	Star Stunt	Optional stunt competition	A
7:00 PM	Evaluation - Cheer	1st evaluation on a cheer learned at camp	C
7:30 PM	Rally Routine	Continue customizing your routine with an instructor.	S
7:45 PM	All American Demos		
8:00 PM	Spirit Sticks	Daily awards and announcements	
8:15 PM	Leadership		L

DAY 2



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Time	Class	Notes	
8:00 AM	Leadership		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	A
9:15 AM	Dance Class (hip hop / pom)	Back to the same groups as yesterday	E
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	S
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	C
3:20 PM	Gatorade Break		
3:30 PM	Evaluation / Champion Chant	Evaluation on any chant learned at camp	C
4:00 PM	Leadership		L
4:30 PM	DINNER		
6:30 PM	All-American Tryout	Friends and family are welcome to watch	
7:00 PM	Rally Routine	Run through rally routine on the mat	S
7:30 PM	Coaches Recognition	Fun activity with Coach	A
7:45 PM	Spirit Sticks	Daily Awards and Announcements	
8:00 PM	Leadership		L

FUN DAY 3

Time	Class	Notes	
9:00 AM	Optional practice Time with Coach	Final preparations for the last day	
9:30 AM	Final Evaluation		C
10:00 AM	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	Leadership		L
11:30 AM	TALLY HO!		

DAY 4



NOTES: