



NON-BUILDING DAY CAMP

2018 CAMP SCHEDULE

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	
8:00 AM	Registration		
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	Jump Class	Work on and improve upon jumps & exercises	A
11:30 AM	Buddy Time	Introductions, Spirit Book, National Bid/NFHS Process	L
11:45 AM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ buddy	S
12:00 PM	LUNCH		
1:00 PM	Practice Time with Coach	Optional practice time if needed	
1:30 PM	Camp Cheer Evaluation	Evaluation on the Camp Cheer learned before dinner	
2:15 PM	Game Day Entrance	NCA Staff will demo a Game Day Entrance & Cheer	
2:25 PM	Game Day Cheer Class	Select 1 Cheer to learn from NCA Cheers #1, #2, or #3	C
3:10 PM	Time-Out Spirit Dance	Novice Level Dance	C
3:40 PM	Leader's Reception/Material Review	Team Leaders meet with their NCA Buddy instructor	S
4:00 PM	Team Time	Team Building Activities	L
4:20 PM	Announcements		
4:25 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
4:30 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	
9:00 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
9:15 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	L
9:25 AM	Cheerobics / Spirit Dance Review	Fun warm up to get the body moving and ready to go	
9:35 AM	Jump Class	Work on and improve upon jumps & exercises	A
10:20 AM	Chant Class	Select 2 chant to learn from chants #6-10	C
11:05 AM	Material Review	Review all cheers and dances	
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: