



RESORT - 4 DAY

2018 CAMP SCHEDULE

NFHS KEY:

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

| Time | Class | Notes | |
|---------|------------------------------------|--|---|
| 1:00 PM | Opening Rally | Meet your NCA Staff!! | |
| 1:15 PM | Material Demos | Band Dance, Camp Cheer and a Chant w/ 3-3-3 method | |
| 1:30 PM | Band Chant / Coaches' Meeting | Great Game Day Dance to incorp Dance Team/Mascot | E |
| 2:15 PM | Camp Cheer | Used for All-American Tryouts and Evaluations | C |
| 2:45 PM | Chant Class | Select 2 chant to learn from chants #1-5 | C |
| 3:15 PM | Buddy Time | Introductions, Spirit Book, National Bid/NFHS Process | L |
| 3:45 PM | Stunt S.A.F.E. / Coaches Return | Philosophy ensure the safety of all teams while stunting | A |
| 4:00 PM | Skill Drills | Skills necessary to keep your team safe while stunting | A |
| 4:15 PM | Team Time / Coaches Reception | Intro to our camp theme! / Coaches meet w/ buddy | S |
| 4:30 PM | DINNER | | |
| 5:30 PM | Practice Time with Coach | Optional practice time if needed | |
| 6:00 PM | Core Stunts | These stunts make up the foundation of all stunting | A |
| 6:45 PM | Skill Check | Evaluate the current level of the team for stunt classes | A |
| 7:00 PM | Game Day Entrance | NCA Staff will demo a Game Day Entrance & Cheer | |
| 7:05 PM | Game Day Cheer Class | Select 1 Cheer to learn from NCA Cheers #1, #2, or #3 | C |
| 7:35 PM | Time-Out Spirit Dance | Novice Level Dance | C |
| 8:05 PM | Leader's Reception/Material Review | Team Leaders meet with their NCA Buddy instructor | S |
| 8:25 PM | Team Time | Team Building Activities | L |
| 8:50 PM | Announcements | | |
| 8:55 PM | Spirit Sticks | Given to teams exemplifying team spirit throughout the day | |
| 9:00 PM | Tally Ho | Camp Dismissed! Have a great night! | |

DAY 1

| Time | Class | Notes | |
|----------|---------------------------------------|---|---|
| 8:15 AM | Leaders in Training | Team Leaders attend additional leadership classes | L |
| 8:30 AM | Team Time / Coaches' Meeting | Camp Starts / Coaches head to meeting location | L |
| 8:35 AM | Cheerobics / Spirit Dance Review | Fun warm up to get the body moving and ready to go | |
| 8:45 AM | Jump Class | Work on and improve upon jumps & exercises | A |
| 9:05 AM | Chant Class | Select 2 chant to learn from chants #6-10 | C |
| 9:35 AM | Stunt Class | Core+, Novice, Intermediate, and Advance Levels | A |
| 10:35 AM | Dance Showcase | Demo of Hip Hop and Advance Dance | |
| 10:40 AM | Specialty Classes | Hip Hop Dance, Advance Dance (1 st half) & Stunt Class | E |
| 11:30 AM | LUNCH | | |
| 12:30 PM | Practice Time with Coach | Optional practice time if needed | |
| 1:00 PM | Custom Coaching #1 | 1 st Eval on Cheer (with entrance) & Chant w/ Buddy | C |
| 1:30 PM | Custom Coaching #2 | 1 st Eval on Cheer (with entrance) & Chant w/ Buddy | C |
| 2:00 PM | Custom Coaching #3 | 1 st Eval on Cheer (with entrance) & Chant w/ Buddy | C |
| 2:30 PM | Evaluation | 2 nd Evaluation of a Cheer (with entrance) & Chant | E |
| 3:15 PM | Pyramid Workshop | Team works on Static and Transitional pyramids | A |
| 4:00 PM | Team Time | Team Building Activities | A |
| 4:15 PM | Spirit Sticks / Stick Skits / Mascots | Given to teams exemplifying team spirit throughout the day | |
| 4:30 PM | Tally Ho | Camp Dismissed! Remember, tomorrow is FUN DAY!! | |
| | DINNER | | |
| | Practice Time / Free Time | Optional practice time with coach if needed | |

DAY 2



RESORT - 4 DAY

2018 CAMP SCHEDULE

NFHS KEY:

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

| Time | Class | Notes | |
|----------|-----------------------------------|--|---|
| 8:15 AM | Leaders in Training | Team Leaders attend additional leadership classes | L |
| 8:30 AM | Team Time / Coaches' Meeting | Camp Starts / Coaches head to meeting location | S |
| 8:45 AM | Review - Band Chant | Review Band Chant for Custom Coaching | |
| 9:00 AM | Cheerobics | Fun Day warm up to get the body moving & ready to go | |
| 9:10 AM | Jump Class | Continue to work and improve upon jumps & exercises | A |
| 9:30 AM | Stunt Class / Coaches Return | Core+, Novice, Intermediate, and Advance Levels | A |
| 10:30 AM | Specialty Classes | Hip Hop & Adv. Dance (2 nd half), AA Workshop & Stunt Class | E |
| 11:20 AM | All-American Demo | | |
| 11:30 AM | LUNCH | AA Nomination finalized by Lunch | |
| 12:30 PM | Practice Time with Coach | Optional practice time if needed | |
| 1:00 PM | Custom Coaching #2 | 1 st Eval on Band Chant w/ NCA Buddy | C |
| 1:30 PM | Custom Coaching #3 | 1 st Eval on Band Chant w/ NCA Buddy | C |
| 2:00 PM | Custom Coaching #1 | 1 st Eval on Band Chant w/ NCA Buddy | C |
| 2:30 PM | Final Evaluation | 2 nd Evaluation of the Band Chant | E |
| 3:15 PM | Pyramid Workshop | Team works on Static and Transitional pyramids | A |
| 3:45 PM | Top Team and All-American Sign-Up | Optional final day competition sign up | |
| 4:00 PM | Spirit Sticks | Given to teams exemplifying team spirit throughout the day | |
| 4:10 PM | Team Time | Shower of Praise | L |
| 4:30 PM | Tally Ho | Camp Dismissed! Have a great night! | |
| | DINNER | | |
| | Practice Time / Free Time | Optional practice time with coach if needed | |

FUN DAY 3

| Time | Class | Notes | |
|----------|-------------------------------|--|---|
| 8:30 AM | Coaches' Meeting | | |
| | All-American Warm-Up | Optional All-American Team Tryout | |
| 8:45 AM | All-American Tryout | 3 stamina jumps, spirited entrance, & camp cheer | |
| 9:30 AM | Final Day Competition Warm-Up | All final day competitions are optional | |
| | Final Day Competitions | Each team can compete in up to 2 categories | |
| 9:50 AM | Top Team Chant | No Entrance, as taught, 3-3-3, Allow levels and ripples | C |
| 10:10 AM | Top Team Band Chant | Crowd effective & practical. No Stunts or Tumbling | C |
| 10:40 AM | Top Team Cheer | Showcasing team skills and crowd leading abilities | C |
| 11:10 AM | Material Showcase | Advanced, Hip Hop, & Time Out Spirit Dance / Camp Cheer | |
| 11:25 AM | Awards Presentation | Camp awards handed out. | |
| 11:40 AM | Spirit Sticks | Take it home with you, if you earn one on the final day! | |
| 11:45 AM | Closing | Final thoughts and message to camp | |
| 12:00 PM | Tally Ho | Camp Dismissed!! Travel safe! | |

DAY 4

NOTES: