



# YOUTH 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	Orientation	Welcome to NCA Camp!	
9:15 AM	Introductions	Meet your NCA Staff!!	
9:30 AM	Youth Dance - 1st Half	Novice Level Youth Dance	E
10:00 AM	Spirit Break		C
10:15 AM	Motions 101 / Coaches Meeting	Motion Technique and beginner fundamentals	C
10:45 AM	Cheer / Chant Class	Learn a Cheer and a Chant	L
11:30 AM	Fun Ribbons	Staff hands out ribbons	
11:45 AM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ buddy	S
12:00 PM	<b>LUNCH</b>		
12:30 PM	Spirit Spot Activity	Meet with your NCA Buddy	
12:45 PM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting	A
1:00 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
1:15 PM	Stunts Class - Core+	These stunts make up the foundation of all stunting	A
1:45 PM	Youth Dance - 2nd Half	Novice Level Youth Dance	E
2:00 PM	Spirit Break		
2:15 PM	Cheer / Chant Review	Review the Cheer and Chant for earlier	
2:30 PM	Custom Coaching	1 <sup>st</sup> Evaluation on Cheer & Chant w/ Buddy	C
3:00 PM	Evaluation	2 <sup>nd</sup> Evaluation on Cheer & Chant w/ Camp	E
3:30 PM	Team Time	Team Bonding and Games	A
3:50 PM	Announcements		
3:55 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
4:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

NOTES: