


CHEER 3 DAY

DAY CAMP

*SUBJECT TO CHANGE

DAY 1		FUN DAY		DAY 3		NOTES
REGISTRATION		BREAKFAST		BREAKFAST		
9:00	Opening Rally	8:45	Captains' Class	8:45	Captains' Class	
9:30	Spirit Dance	9:00	Team Time/Cheerobics	9:00	Team Time/Cheerobics	
	Coaches' Meeting		Coaches' Meeting		Coaches' Meeting	
10:00	Camp Cheer/Chant Class	9:20	Jump Class	9:20	Cheer & Chant Class	
10:35	Buddy Time	10:00	Cheer & Chant Class		*Performance Focus	
	Individual help with material		*Game Time Focus	10:00	Stunt Class	
11:10	Jump Technique Class	10:40	Stunt Class	10:50	Pyramid Workshop	
11:45	Coaches' Meeting w/Buddy	11:40	Dance Showcase	11:15	All-American Tryouts	
	Team Time		NCA PRIMETIME Sign-up	11:40	NCA PRIMETIME Sign-up	
	Camp Details & Rules					
LUNCH		LUNCH		LUNCH		
1:00	Safety First/S.P.O.T.	1:00	Practice Time with Coach	1:00	Practice Time with Coach	
1:15	Core Stunts & Skill Check	1:30	NCA PRIMETIME	1:30	NCA PRIMETIME	
2:00	Basket Builders		*Evaluation on Game Time		*Informal Evaluation	
2:45	First Day Feedback		Cheer & Chant	2:30	Final Evaluation	
	*Material, Stunts, Fight Song	2:30	Specialty Classes		*Any NCA Cheer & Chant	
3:15	Specialty Classes		*Choose Your Class	3:00	Optional Competitions	
	*Choose Your Class	3:30	Warm-up for Evaluations		*Champion Chant	
4:15	Game Day Entrance	3:45	Evaluations		*Game Time Top Team	
	Explanation & Demo		*Game Time Evaluation		*Performance Top Team	
4:20	Spirit Sticks	4:05	Material Review	4:15	Material Review	
4:35	Team Time	4:20	Spirit Sticks		*Cheers, Chants & Dances	
	Safety Awareness Test	4:35	Team Time	4:30	Awards & Closing	
REMINDER		REMINDER		2010		
Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.		Say goodbye to your buddy... tomorrow is the last day of camp!				

NCA Summer Camps... The Place To BE!