

CHEER

LAREDO DAY CAMP

*Subject to Change

DAY 1		DAY 2		FUN DAY		DAY 4	
REGISTRATION		BREAKFAST		BREAKFAST		BREAKFAST	
10:00	Opening Rally Camp Rules	8:45	Captains' Class	8:45	Captains' Class	9:00	Cheerobics
10:30	Spirit Dance Coaches' Meeting	9:00	Team Time Cheerobics	9:00	Team Time Cheerobics	9:30	All-American Warm-ups
10:50	Camp Cheer & Chant Class	9:20	Coaches' Meeting Jump Class	9:20	Coaches' Meeting Cheer & Chant Class *Performance Focus	9:45	All-American Tryouts
11:25	Buddy Time Individual help with material	10:00	Cheer & Chant Class *Game Day Focus	10:00	Stunt Class	10:30	Practice Time w/ Buddy
11:45	Coaches' Meeting with Buddy Team Time	10:40	Stunt Class	10:50	Pyramid Workshop	11:00	Final Evaluation *Repeat NCA Cheer & Chant
		11:45	Dance Showcase NCA PRIMETIME Sign-up	11:45	NCA PRIMETIME Sign-up	11:45	Champion Chant & Top Team Sign ups
LUNCH		LUNCH		LUNCH		LUNCH	
1:00	Safety First/S.P.O.T.	1:30	NCA PRIMETIME	1:30	NCA PRIMETIME	1:00	*Champion Chant (No Entrance, 3-3-3)
1:15	Core Stunts & Skill Check		*Informal Evaluation on Cheer & Chant with Crowd Involvement		*Informal Evaluation on NCA Cheer & Chant	1:20	*Game Time Top Team (Game Day Entrance, Crowd Response Cheer, Limited Skills)
2:15	Jump Technique Class	2:30	Specialty Classes	2:30	Specialty Classes	1:40	*Performance Top Team (Entrance, Any Cheer, Showcase Team Skills)
3:15	First Night Feedback *Material, Stunt, Fight Song	3:30	*Dances/Stunts/Radical Response Evaluations	3:30	*Dances or Open Stunts Chant Class	2:00	Cheer and Chant Review Dance/BleacherMania 2010
4:00	Material Review	3:50	*NCA Game Time Cheer & Chant	3:50	Material Review	2:45	Awards
4:15	Game Day Entrance Explanation & Demo	4:20	Basket Builders	4:15	*Cheers, Chants & Dances Spirit Sticks	3:15	Closing
4:20	Spirit Sticks	4:35	Spirit Sticks	4:25	Team Time		
4:35	Team Time Safety Awareness Test		Team Time				
REMINDER!		REMINDER!		REMINDER!			
Don't forget that tomorrow is GAME DAY , show your school spirit!		Tomorrow is FUN DAY! Dress in your craziest clothes through lunch. GET SOME REST!		Say goodbye to your buddy.... tomorrow is the last day of camp!		<h1>2010</h1>	

NCA Summer Camps...The Place To BE!!!