

# General NCA Camp Information:

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## Other Programs Offered

### Performance Camps:

Offered at select locations these camps focus on the performance aspects of cheerleading. Teams will create a customized routine to the "Jam", an exclusive track on the NCA Summer Camp CD. Teams can choose to use this routine or a cheer and chant for each evaluation. In addition to the All-American program, Performance Camps offer Top Gun competitions for individuals to compete their jump, stunt, dance or tumbling skills. NCA's creative cheer and chant curriculum is still offered.

### Junior High Camps:

Camps designed specifically for younger cheerleaders from Junior High and Middle Schools. Every level of curriculum is offered to meet the needs of all teams. An adult chaperone is required to attend with every team.

### Christian Camps:

Camps designed for schools seeking a Christian atmosphere. Every level of curriculum is offered to meet the needs of all teams. Camps feature team devotionals and sharing time with the NCA Staff.

### Quest Camps:

Teams will work with industry leading choreographers to create 1:30 of customized choreography specifically designed for your team. This routine can be used throughout the year for performances or as part of your competition routine. In addition, these camps offer every level of NCA's stunt curriculum along with some of the innovative NCA Curriculum that will be offered as optional classes. Ample time is given in the schedule to work on building skills, perfecting technique and finalizing your new choreography. You'll leave Camp with a variety of material perfect for any performance situation.

And for those wanting to showcase their skills, the NCA All-American program is offered with Top Gun Competitions in Jumps, Stunts, Tumbling and Dance along with other end of Camp competition opportunities. NCA Quest Camp Teams will qualify for discounts to our legendary National Championships and other regional championships.

## Frequently Asked Questions:

### Can Individuals Attend Camp?

Camps are geared towards teams, but individuals are welcome. We cannot guarantee that any other individuals will be attending a specific camp location.

If registering as a resident student, there is a strong possibility that the individual will be placed in his or her own room depending on dorm space and room allocations; however, please note that many bathrooms are commonly shared.

During the first Coach/Advisor/Director meeting after the initial opening of camp, the Head Instructor will ask for a volunteer team that would like to add an additional person for the duration of camp. Should a team not be available, the individual would be assigned a Buddy Instructor for the duration of the camp. Individuals will learn many concepts, techniques, and material (dances, cheers, chants, jumps) at camp; however, they will not be able to execute stunting skills or perform in evaluations and competitions as these are team activities.

We will do our best to make sure that individuals have a productive time at camp, but we have found that individuals at a beginning level would be better suited to attend an NCA youth camp in their area, as these are more geared toward technique and individuals.

***NCA and NDA strongly recommend a chaperone attend with all teams at Resident Camps.***

# General NCA Camp Information Continued:

## **NCA Frequently Asked Questions Continued:**

### **Is the \$50 deposit required in addition to the tuition?**

The tuition amount is the total cost to attend camp. You must pay \$50 of the total tuition per person up front in order to be guaranteed a spot at camp.

### **Is an adult required to attend with each squad?**

NCA/NDA **strongly recommends** a chaperone attend with all teams at Overnight camps overnight **and remain in attendance at all times during the camp**. Elementary, middle school, and junior high teams are required to have a chaperone. Luxury camps – An adult, age 21 or older, **must attend** with each team.

### **Is the squad required to dress alike?**

This is not required, although most squads do attend camp in matching campwear. Suggested attire is t-shirts, shorts, athletic shoes, etc. You may also wear your squad uniform for some activities.

### **How do I determine which stunt class to attend?**

On the first day of camp each squad will participate in Stunt Tech 101, Core Stunts and will be checked by their Buddy Instructor. The Instructor will recommend a class level, making a perfect fit between a squad's abilities and the requirements for each level. For example, to be able to attend the advanced partner stunt class, a squad should be able to perform extended level variations with cradles.

### **Will my squad be taught at the same level as more advanced teams?**

The NCA program ranges from basic to advanced levels. Each squad is placed according to the overall skill level of its members. Stunt classes will teach the same stunts but finishing at different levels.

### **Are family and friends allowed to visit camp?**

Visitors are welcome on the last night of camp for All-American tryouts from 6:30 to 8:00 pm and on the last day of camp for Final Evaluations and the Awards Ceremony from 9:00 am to 12:00 pm.

### **Will I be able to purchase camp souvenir merchandise at camp?**

Yes, camp merchandise will be sold at all NCA camps in the Varsity Spirit Shop. Items to be sold may include shirts, shorts, sweatshirts, key chains, pins, patches, water bottles, tote bags, instructional materials, and backpacks.

### **Will there be a trainer at my camp?**

Some camps will have a trainer present. Trainers will only provide tape for injuries that occur during camp. Trainers will not provide tape for pre-existing injuries, but will tape the pre-existing injury if the tape is provided by the participant. At any camp location without a trainer, the NCA Camp Manager will handle injury or illness-related issues. All NCA Camp Managers are CPR and First Aid Certified. If the injury is of a more serious nature, the Camp Manager will notify the nearest hospital.

*All-Star teams are not required to qualify for a Bid to the NCA All-Star National Championship.*