

CHEER 3 DAY

TWO NIGHT CAMP

DAY 1

9:00-12:00 - REGISTRATION

1:00	Opening Session Demos
1:30	Spirit Dance
2:00	Coaches' Meeting
2:40	Camp Cheer
3:05	Chant #1
	Jump Technique Class
3:45	Buddy Time
4:00	*Introductions
	*Spirit Book
	*Individual help with material
	Stunt S.A.F.E.
	Skill Drills
4:15	Coaches' Meeting
	*with NCA Buddy
	Team Time
	Camp Details
	Camp Rules
	4:30 - DINNER
6:00	Practice Time with Coach
6:15	Captains' Reception
6:30	Core Stunts
7:00	Skill Check
7:15	Game Time Entrance Demo
7:20	Game Time Cheer #1
	Chant #2
	Chant #3
8:00	Team Time
8:30	Spirit Sticks

REMINDER

Tomorrow is **FUN DAY!** Dress in your craziest clothes through dinner.

FUN DAY

BREAKFAST

8:15	Captains' Class
8:30	Team Time
8:35	Cheerobics
8:45	Coaches' Meeting
9:15	Jump Class
10:15	Performance Cheer #1 & 2
11:15	Chants #4 & 5
	Stunt Class #1
	Game Time/Camp Cheer Review
	Chant Review - #1, 2 & 3
	Dance Showcase
11:30	A – Custom Coaching *
	B – Lunch
12:00	A – Lunch
1:00	Practice Time with Coach
1:30	B – Custom Coaching *
2:00	Pyramid Workshop #1
3:00	Specialty Classes
4:00	Specialty Class Showcase
4:20	Team Time
4:30	A – Custom Coaching **
	B – Dinner
5:00	A – Dinner
6:00	Practice Time with Coach
6:30	B – Custom Coaching **
7:00	Evaluations
	Performance or Game Time Eval
7:30	All-American Tryouts
8:15	Team Time
8:30	Spirit Sticks

KEY

*Informal Evaluation on Game Time Cheer & Chant
 **Informal Evaluation on Performance Cheer & Chant

DAY 3

BREAKFAST

8:30	Practice Time with Coach
8:55	Team Time
9:00	Final Evaluation
	*Evaluation on Performance Cheer & Chant
9:45	Optional Competitions
	Sign-ups
	*Champion Chant
	(No Entrance, 3-3-3)
	*Game Time Top Team
	(Game Time Entrance, Crowd Response Cheer, Restricted Skills)
	*Performance Top Team
	(Entrance, Any Cheer, Showcase Team Skills)
11:00	Material Showcase
	Advanced Dance
	Pom Dance
	Hip Hop Dance
	Spirit Dance
	Camp Cheer
11:15	Awards & Closing



2014

The Work is Worth It at NCA Summer Camps!