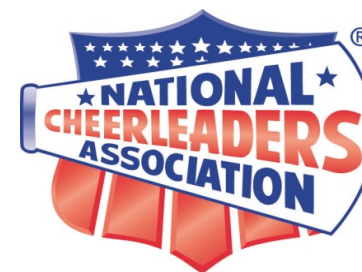


CHEER 3 DAY

TWO NIGHT CAMP

DAY 1		FUN DAY		DAY 3		NOTES
10:00-12:00 - REGISTRATION		BREAKFAST		BREAKFAST		
1:00	Opening Rally	8:15	Captains' Class	9:00	Final Evaluation	
1:30	Spirit Dance	8:30	Cheerobics		*Repeat any NCA	
	Coaches' Meeting		Team Time		Cheer & Chant	
2:00	Camp Cheer/Chant Class		Coaches' Meeting	9:45	Optional Competitions	
2:30	Buddy Time	8:45	Jump Class		Sign-ups	
	Individual help with material	9:15	Cheer & Chant Class		*Champion Chant	
3:00	Jump Technique Class		*Game Time Focus		(No Entrance, 3-3-3)	
3:45	Sideline Dances 1 & 2	10:15	Stunt Class		*Game Time Top Team	
4:15	Coaches' Meeting with NCA Buddy	11:15	Dance Showcase		(Game Time Entrance, Crowd Response Cheer, Restricted Skills)	
	Team Time		NCA PRIMETIME Sign-up		*Performance Top Team	
	Camp Details & Rules		11:30 - LUNCH		(Entrance, Any Cheer, Showcase Team Skills)	
	4:30 - DINNER	1:00	Practice Time with Coach	10:45	Cheer and Chant Review	
6:30	S.P.O.T. & Safety First	1:30	NCA PRIMETIME		Dance Showcase	
6:45	Core Stunts & Skill Check		*Informal Evaluation	11:15	Awards & Closing	
	Gatorade Break	3:30	Specialty Classes			
7:30	First Night Feedback		*Choose Your Class			
	*Material, Stunts, Fight Song		4:30 - DINNER			
8:00	Game Time Entrance	6:15	Evaluations			
	Explanation & Demo		* Game Time Evaluation			
8:05	Spirit Sticks	6:45	All-American Tryouts			
8:15	Team Time	7:15	Basket Builders			
	Safety Awareness Test	8:15	Spirit Sticks			
		8:30	Team Time			
	REMINDER		REMINDER			
	Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.		Say goodbye to your buddy... tomorrow is the last day of camp!			
					2012	



Going for the Gold at NCA Summer Camps