

# CHEER 4 DAY

# OVERNIGHT CAMP

DAY 1		DAY 2		FUN DAY		DAY 4	
<b>10:00-12:00 - REGISTRATION</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
1:00	Opening Rally	8:15	Captains' Class	8:15	Captains' Class	9:00	Final Evaluation *Repeat any NCA Cheer & Chant
1:30	Spirit Dance Coaches' Meeting	8:30	Cheerobics Team Time Coaches' Meeting	8:30	Cheerobics Team Time Coaches' Meeting	9:45	Optional Competitions Sign-ups *Champion Chant <i>(No Entrance, 3-3-3)</i> *Game Time Top Team <i>(Game Time Entrance, Crowd Response Cheer, Restricted Skills)</i> *Performance Top Team <i>(Entrance, Any Cheer, Showcase Team Skills)</i>
2:00	Camp Cheer/Chant Class	8:45	Jump Class	8:45	Cheer & Chant Class		
2:30	Buddy Time Individual help with material	9:15	Cheer & Chant Class *Game Time Focus	9:30	Stunt Class		
3:00	Jump Technique Class	10:15	Stunt Class	10:30	Pyramid Workshop		
3:45	Sideline Dances 1 & 2	11:15	Dance Showcase NCA PRIMETIME Sign-up	11:20	Dance Showcase NCA PRIMETIME Sign-up		
4:15	Coaches' Meeting with NCA Buddy Team Time Camp Details & Rules	<b>11:30 - LUNCH</b>		<b>11:30 - LUNCH</b>			
<b>4:30 - DINNER</b>		1:00	Practice Time with Coach	1:00	Practice Time with Coach		
6:30	S.P.O.T. & Safety First	1:30	NCA PRIMETIME *Evaluation on Game Time Cheer & Chant	1:30	NCA PRIMETIME *Informal Evaluation		
6:45	Core Stunts & Skill Check Gatorade Break	3:30	Basket Builders	3:30	Specialty Classes *Choose Your Class		
7:30	First Night Feedback *Material, Stunts, Fight Song	<b>4:30 - DINNER</b>		<b>4:30 - DINNER</b>			
8:00	Game Time Entrance Explanation & Demo	6:30	Evaluations * Game Time Evaluation	6:15	Sideline Dance 3	10:45	Cheer and Chant Review Dance Showcase
8:05	Spirit Sticks	7:00	Specialty Classes *Choose Your Class	6:30	All-American Tryouts		
8:15	Team Time Safety Awareness Test	7:45	Spirit Sticks	7:15	Practice Time with Buddy		
<b>REMINDER</b>		8:00	Team Time	7:45	Material Review *Cheers, Chants & Dances	11:15	Awards & Closing
Don't forget that tomorrow is <b>GAME TIME</b> , show your school spirit!		<b>REMINDER</b>		8:00	Spirit Sticks		
		Tomorrow is <b>FUN DAY!</b> Dress in your craziest clothes through dinner.		8:15	Team Time		
				<b>2012</b>			

**Going for the Gold at NCA Summer Camps**