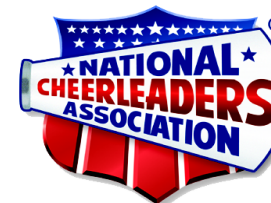


CHRISTIAN

OVERNIGHT CAMP

*SUBJECT TO CHANGE

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



Going for the Gold at NCA Summer Camps