


# CHEER 2 DAY

# DAY CAMP

\*SUBJECT TO CHANGE

DAY 1		NOTES	DAY 2		NOTES
<b>8:00 REGISTRATION</b>			<b>BREAKFAST</b>		
9:00	Opening Rally		8:45	Captains' Class	
9:30	Spirit Dance Coaches' Meeting		9:00	Cheerobics/Team Time Coaches' Meeting	
10:00	Camp Cheer/Chant Class		9:15	Jump Class	
10:30	Buddy Time Individual help with material		9:45	Cheer & Chant Class *Game Time Focus	
11:00	Jump Technique Class		10:30	Stunt Class	
11:45	Coaches' Meeting w/Buddy Team Time Camp Details & Rules		11:30	Sideline Dance 1	
			11:45	Dance Showcase NCA PRIMETIME Sign-up	
<b>LUNCH</b>			<b>LUNCH</b>		
1:00	S.P.O.T. & Safety First		1:00	Practice Time with Coach	
1:15	Core Stunts & Skill Check	1:30	NCA PRIMETIME *Game Time Evaluation		
2:00	Basket Builders				
2:45	First Day Feedback *Material, Stunts, Fight Song	2:30	Specialty Classes *Choose Your Class		
3:15	Specialty Classes *Choose Your Class	3:30	Warm-up for Evaluations		
4:15	Game Time Entrance Explanation & Demo	3:45	Evaluations *Eval w/ Crowd Involvement		
4:20	Spirit Sticks	4:05	Spirit Sticks		
4:35	Team Time Safety Awareness Test	4:15	Awards & Closing		
<b>REMINDER</b>		<b>2012</b>			
Tomorrow is <b>FUN DAY!</b> Dress in your craziest clothes through lunch.					

## Going for the Gold at NCA Summer Camps