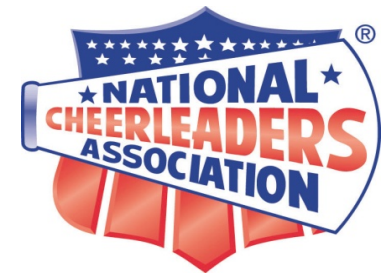


# CHEER 3 DAY

# DAY CAMP

DAY 1		FUN DAY		DAY 3		NOTES
<b>8:00 REGISTRATION</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		
9:00	Opening Rally	8:45	Captains' Class	8:45	Captains' Class	
9:30	Spirit Dance Coaches' Meeting	9:00	Cheerobics/Team Time Coaches' Meeting	9:00	Cheerobics/Team Time Coaches' Meeting	
10:00	Camp Cheer/Chant Class	9:15	Jump Class	9:15	Cheer & Chant Class	
10:30	Buddy Time Individual help with material	9:45	Cheer & Chant Class *Game Time Focus	10:00	*Performance Focus Stunt Class	
11:00	Jump Technique Class	10:30	Stunt Class	10:50	Pyramid Workshop	
11:45	Coaches' Meeting w/Buddy Team Time Camp Details & Rules	11:30	Sideline Dance 1	11:20	Sideline Dance 2	
		11:45	Dance Showcase NCA PRIMETIME Sign-up	11:35	All-American Tryouts	
				11:55	NCA PRIMETIME Sign-up	
<b>LUNCH</b>		<b>LUNCH</b>		<b>LUNCH</b>		
1:00	S.P.O.T. & Safety First	1:00	Practice Time with Coach	1:00	Practice Time with Coach	
1:15	Core Stunts & Skill Check	1:30	NCA PRIMETIME	1:30	NCA PRIMETIME	
2:00	Basket Builders		*Evaluation on Game Time Cheer & Chant		*Informal Evaluation	
2:45	First Day Feedback *Material, Stunts, Fight Song	2:30	Specialty Classes *Choose Your Class	2:30	Final Evaluation *Any NCA Cheer & Chant	
3:15	Specialty Classes *Choose Your Class	3:30	Warm-up for Evaluations	3:00	Optional Competitions *Champion Chant	
4:15	Game Time Entrance Explanation & Demo	3:45	Evaluations *Game Time Evaluation	4:15	*Game Time Top Team *Performance Top Team	
4:20	Spirit Sticks	4:05	Material Review	4:15	Material Review	
4:35	Team Time Safety Awareness Test	4:20	Spirit Sticks	4:30	*Cheers, Chants & Dances	
		4:35	Team Time		Awards & Closing	
<b>REMINDER</b>		<b>REMINDER</b>		<b>2012</b>		
Tomorrow is <b>FUN DAY!</b> Dress in your craziest clothes through dinner.		Say goodbye to your buddy... tomorrow is the last day of camp!				



## Going for the Gold at NCA Summer Camps