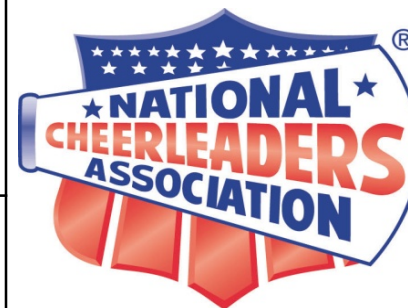


CHEER 3 DAY

HOME CAMP

DAY 1		FUN DAY		DAY 3		NOTES
REGISTRATION		BREAKFAST		BREAKFAST		
9:00	Introductions	9:00	Team Time	9:00	Team Time	
9:15	Cheerobics	9:10	Cheerobics	9:10	Cheerobics	
9:30	Spirit Dance	9:30	Jump Class			
10:00	Camp Cheer Chant Class	10:00	Cheer Class Chant Class	9:30	Cheer Class Chant Class	
10:45	S.P.O.T. & Safety First		*Game Time Focus	10:30	Stunt Class	
11:00	Core Stunts & Skill Check					
11:45	Team Time	10:45	Stunt Class	11:15	Pyramid Workshop	
	Dance Showcase	11:45	Dance Showcase	11:45	All-American Sign-ups	
LUNCH		LUNCH		LUNCH		
1:00	Specialty Class *Choose Your Class	1:00	Specialty Class *Choose Your Class	1:00	All-American Warm-up	
2:00	Jump Technique Class	2:00	NCA PRIMETIME	1:30	Sidelines Dances	
2:40	First Day Feedback *Material *Stunts *Fight Song		*Evaluation on Game Time Cheer & Chant	2:00	NCA PRIMETIME *Informal Evaluation	
3:10	Material Review	2:30	Evaluations *Game Time Evaluation	2:30	Final Evaluation *Any NCA Cheer & Chant	
3:40	Team Time Safety Awareness Test	2:45	Basket Builders	3:15	Material Review *Cheers, Chants & Dances	
		3:45	Team Time	3:30	Team Time	
				3:45	Awards & Closing	
REMINDER		REMINDER		2012		
Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.		Say goodbye to your staff... tomorrow is the last day of camp!				



Going for the Gold at NCA Summer Camps