


CHEER 4 DAY

LUXURY CAMP

DAY 1		DAY 2		FUN DAY		DAY 4	
REGISTRATION		BREAKFAST		BREAKFAST		BREAKFAST	
		8:15	Captains' Class	8:15	Captains' Class	9:00	Final Evaluation
2:00	Opening Rally	8:30	Team Time	8:30	Team Time		*Repeat any NCA Cheer & Chant
2:30	Spirit Dance		Coaches' Meeting		Coaches' Meeting		
	Coaches' Meeting	8:40	Cheerobics/Sideline Dance	8:40	Cheerobics/Sideline Dance		
3:00	Camp Cheer/Chant Class	9:00	Jump Class	9:00	Cheer & Chant Class	9:45	Optional Competitions
	Gatorade Break	9:30	Cheer & Chant Class		* Performance Focus		Sign-ups
3:40	Buddy Time		*Game Time Focus				*Champion Chant
	Individual help with material	10:00	Stunt Class	9:50	Stunt Class		(No Entrance, 3-3-3)
4:10	Jump Technique Class	11:00	Specialty Classes	10:50	Specialty Classes		*Game Time Top Team
4:50	Coaches' Meeting with NCA Buddy		*Choose Your Class		*Choose Your Class		(Game Day Entrance, Crowd Response Cheer, Restricted Skills)
	Team Time	11:50	NCA PRIMETIME Sign-up	11:50	NCA PRIMETIME Sign-up		*Performance Top Team
	Camp Details & Rules	LUNCH		LUNCH			(Entrance, Any Cheer, Showcase Team Skills)
		Practice Time with Coach/Free Time		Practice Time with Coach/Free Time			
DINNER		DINNER		DINNER			
7:00	S.P.O.T. & Safety First	5:30	NCA PRIMETIME	5:30	NCA PRIMETIME		
7:15	Core Stunts & Skill Check		*Informal Evaluation		*Informal Evaluation		
	Gatorade Break	6:30	Evaluations	6:30	Evaluations	10:45	Cheer and Chant Review
8:00	First Night Feedback		*Evaluation on Game Time	7:15	Stretch & Warm-up		Dance Showcase
	*Material, Stunts, Fight Song	7:00	Cheer & Chant	7:30	All-American Tryouts		
8:30	Game Day Entrance	8:00	Basket Builders	8:15	Material Review	11:15	Awards & Closing
	Explanation & Demo		Material Review		*Cheers, Chants & Dances		
8:35	Spirit Sticks	8:30	*Cheers, Chants & Dances	8:30	Spirit Sticks		
8:45	Team Time	8:45	Spirit Sticks	8:45	Team Time		
	Safety Awareness Test		Team Time				
REMINDER		REMINDER		2011			
Don't forget that tomorrow is GAME TIME , show your school spirit!		Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.					

Rock'n It Out at NCA Summer Camps!