CHEER 4 DAY RESORT CAMP

DAY 1

REGISTRATION

9:00-12:00 - REGISTRATION

1:00 Opening Rally
1:30 Spirit Dance
Coaches' Meeting
2:00 Camp Cheer/Chant Class
2:30 Buddy Time
Individual help with material
3:00 Jump Technique Class
3:45 Sideline Dances 1 & 2
4:15 Coaches' Meeting
with NCA Buddy
Team Time
Camp Details & Rules

4:30 - DINNER

6:30 S.P.O.T. & Safety First
6:45 Core Stunts & Skill Check
Gatorade Break
7:30 First Night Feedback
*Material, Stunts, Fight Song
8:00 Game Time Entrance
Explanation & Demo
8:05 Spirit Sticks
8:15 Team Time
Safety Awareness Test

REMINDER

Don't forget that tomorrow is **GAME TIME**, show your school spirit!

DAY 2

BREAKFAST

8:15 Captains' Class
8:30 Cheerobics
Team Time
Coaches' Meeting
8:45 Jump Class
9:15 Cheer & Chant Class
*Game Time Focus
9:45 Stunt Class
10:45 Specialty Classes
*Choose Your Class
11:15 NCA PRIMETIME Sign-up

11:30 - LUNCH

Practice Time with Coach/Free Time

4:30 - DINNER

5:30 NCA PRIMETIME
*Informal Evaluation
6:30 Evaluations
*Evaluation on Game Time
Cheer & Chant
7:00 Basket Builders
8:00 Material Review
*Cheers, Chants & Dances
8:30 Spirit Sticks
8:45 Team Time

REMINDER

Tomorrow is **FUN DAY**! Dress in your craziest clothes through dinner.

FUN DAY

BREAKFAST

8:15 Captains' Class
8:30 Cheerobics
Team Time
Coaches' Meeting
8:45 Cheer & Chant Class
* Performance Focus
9:30 Stunt Class
10:30 Specialty Classes
*Choose Your Class
11:20 NCA PRIMETIME Sign-up

11:30 - LUNCH

Practice Time with Coach/Free Time

4:30 - DINNER

5:30 NCA PRIMETIME
*Informal Evaluation
6:30 Evaluations
7:15 Sideline Dance 3
7:30 All-American Tryouts
8:15 Material Review
*Cheers, Chants & Dances
8:30 Spirit Sticks
8:45 Team Time

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DAY 4

BREAKFAST

9:00 Final Evaluation
*Repeat any NCA Cheer & Chant
9:45 Optional Competitions
Sign-ups
*Champion Chant
(No Entrance, 3-3-3)
*Game Time Top Team
(Game Day Entrance, *Crowd Response Cheer,* Restricted Skills)
*Performance Top Team
(Entrance, Any Cheer, Showcase Team Skills)
10:45 Cheer and Chant Review
Dance Showcase
11:15 Awards & Closing

NATIONAL CHEERLEADERS ASSOCIATION®

This Camp Type Offers Afternoons Off!!!