

CHEER 4 DAY

NON BUILDING

*SUBJECT TO CHANGE

DAY 1		DAY 2		FUN DAY		DAY 4	
10:00-12:00 - REGISTRATION		BREAKFAST		BREAKFAST		BREAKFAST	
1:00	Opening Rally	8:15	Captains' Class	8:15	Captains' Class	9:00	Final Evaluation
1:30	Spirit Dance	8:30	Team Time	8:30	Team Time/Cheerobics		*Repeat any NCA Cheer & Chant
	Coaches' Meeting		Coaches' Meeting		Coaches' Meeting		
2:00	Camp Cheer/Chant Class	8:40	Cheerobics	8:50	Cheer & Chant Class	9:45	Optional Competitions
2:30	Buddy Time	9:00	Jump Class	9:50	Jump Choreography		Sign-ups
	Individual help with material	9:50	Sideline Dances 2 & 3		*Created For Each Team		*Champion Chant
3:00	Jump Technique Class	10:30	Cheer & Chant Class	10:50	Material Review		(No Entrance, 3-3-3)
3:45	Sideline Dance 1		*Game Time Focus	11:20	Dance Showcase		*Game Time Top Team
4:15	Coaches' Meeting with NCA Buddy	11:10	Dance Showcase		NCA PRIMETIME Sign-up		(Game Tim Entrance, Crowd Response Cheer, Restricted Skills)
	Team Time		NCA PRIMETIME Sign-up		11:30 - LUNCH		*Performance Top Team
	Camp Details & Rules		11:30 - LUNCH	1:00	Practice Time with Coach		(Entrance, Any Cheer, Showcase Team Skills)
4:30 - DINNER		1:00	Practice Time with Coach	1:30	NCA PRIMETIME	10:45	Cheer and Chant Review
6:30	First Night Feedback	1:30	NCA PRIMETIME		*Informal Evaluation		Dance Showcase
	*Material, Fight Song, etc.		*Evaluation on Game Time	3:30	Specialty Classes	11:15	Awards & Closing
7:30	Camp Cheer Evaluation	3:30	Cheer & Chant		*Choose Your Class		
	Gatorade Break		Choreography Class		4:30 - DINNER		
8:00	Game Time Entrance		4:30 - DINNER	6:15	Stretch & Warm-up		
	Explanation & Demo	6:30	Evaluations	6:30	All-American Tryouts		
8:05	Spirit Sticks		* Game Time Evaluation	7:15	Practice Time with Buddy		
8:15	Team Time	7:00	Specialty Classes	7:45	Material Review		
	Safety Awareness Test		*Choose Your Class		*Cheers, Chants & Dances		
		8:00	Spirit Sticks	8:00	Spirit Sticks		
		8:15	Team Time	8:15	Team Time		
REMINDER		REMINDER		2012			
Don't forget that tomorrow is GAME TIME , show your school spirit!		Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.					

Going for the Gold at NCA Summer Camps