

CHEER 4 DAY

PERFORMANCE CAMP

*SUBJECT TO CHANGE

DAY 1		DAY 2		FUN DAY		DAY 4	
9:00-12:00 - REGISTRATION		BREAKFAST		BREAKFAST		BREAKFAST	
1:00	Opening Rally	8:15	Captains' Class	8:15	Captains' Class	9:00	Final Evaluation
1:30	The Jam	8:30	Cheerobics	8:30	Cheerobics/Team Time		*Repeat Routine or Cheer/Chant
	Coaches' Meeting		Team Time		Coaches Meeting		
2:00	Camp Cheer/Chant Class		Coaches' Meeting	8:45	Practice Time	9:45	Optional Competitions
2:30	Buddy Time	8:45	Jump Class		*Finalize the entire Jam		Sign-ups
	Individual help with material	9:15	Design Time	9:30	Stunt Class		
3:00	Jump Technique Class		*Dance, Jumps & Cheer	10:30	Pyramid Workshop		*Champion Chant
3:45	Sideline Dances 1 & 2	10:15	Stunt Class	11:20	Dance Showcase		(No Entrance, 3-3-3)
4:15	Coaches' Meeting with NCA Buddy	11:15	Dance Showcase		NCA PRIMETIME Sign-up		
	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		
6:30	S.P.O.T. & Safety First	1:30	NCA PRIMETIME		*Informal Evaluation		
6:45	Core Stunts & Skill Check		*1st Half of the Jam	3:30	Specialty Classes	10:45	Cheer and Chant Review
	Gatorade Break	3:30	Basket Builders		*Choose Your Class		Dance Showcase
7:30	First Night Feedback	4:15	Top Gun - Jumps & Tumbling	4:30 - DINNER			
	*Material, Stunts, Fight Song	4:30 - DINNER		6:15	Sideline Dance 3		
	*Material, Stunts, Fight Song	6:30	Evaluations	6:30	All-American Tryouts	11:15	Awards & Closing
8:35	Spirit Sticks		*Routine or Cheer/Chant	7:15	Top Gun - Dance & Stunts		
8:45	Team Time	7:00	Specialty Classes	7:45	Material Review		
	Safety Awareness Test		*Dances, Stunts, Material		*Cheers, Chants & Dances		
		8:00	Spirit Sticks	8:00	Spirit Sticks		
		8:15	Team Time	8:15	Team Time		
REMINDER		REMINDER		2012			
Organize & perfect your material for tomorrow's evaluation!		Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.					

NCA Summer Camps...Let us be your Rock!