

CHEER 4 DAY

PERFORMANCE CAMP

*SUBJECT TO CHANGE

DAY 1		DAY 2		FUN DAY		DAY 4	
REGISTRATION		BREAKFAST		BREAKFAST		BREAKFAST	
2:00	Opening Rally	8:15	Captains' Class	8:15	Captains' Class	9:00	Final Evaluation
2:30	The Jam	8:30	Team Time	8:30	Team Time/Coaches' Meeting		*Repeat Routine or Cheer/Chant
	Coaches' Meeting		Coaches' Meeting	8:40	Cheerobics/Sideline Dance		
3:00	Camp Cheer/Chant Class	8:40	Cheerobics/Sideline Dance	9:00	Practice Time		
	Gatorade Break	9:00	Jump Class		*Finalize the entire Jam	9:45	Optional Competitions Sign-ups
3:40	Buddy Time	9:30	Design Time	10:00	Stunt Class		
	Individual help with material		*Dance, Jumps & Cheer	11:00	Pyramid Workshop		
4:10	Jump Technique Class	10:30	Stunt Class	11:50	Dance Showcase		*Champion Chant (No Entrance, 3-3-3)
4:50	Coaches' Meeting with NCA Buddy	11:40	Dance Showcase		NCA PRIMETIME Sign-up		
	Team Time		NCA PRIMETIME Sign-up		LUNCH		
	Camp Details & Rules		LUNCH	1:30	Practice Time with Coach		*Performance Top Team (Entrance, Any Cheer, Showcase Team Skills)
	DINNER	1:30	Practice Time with Coach	2:00	NCA PRIMETIME		
7:00	S.P.O.T. & Safety First	2:00	NCA PRIMETIME		*Informal Evaluation		
7:15	Core Stunts		*1st Half of the Jam	4:00	Specialty Classes		
	Skill Check	4:00	Basket Builders		*Dances, Stunts, Material	10:45	Cheer and Chant Review Dance Showcase
	Gatorade Break	4:45	Top Gun - Jumps & Tumbling		DINNER		
8:00	First Night Feedback		DINNER	6:45	Stretch & Warm-up		
	*Material, Stunts, Fight Song	7:00	Evaluations	7:00	All-American Tryouts	11:15	Awards & Closing
8:35	Spirit Sticks		*Routine or Cheer/Chant	7:40	Top Gun - Dance & Stunts		
8:45	Team Time	7:30	Specialty Classes	8:00	Material Review		
	Safety Awareness Test		*Dances, Stunts, Material		*Cheers, Chants & Dances		
		8:35	Spirit Sticks	8:15	Spirit Sticks		
		8:45	Team Time	8:30	Team Time		
	REMINDER		REMINDER	<h1>2011</h1>			
	Organize & perfect your material for tomorrow's evaluation!		Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.				



Rock'n It Out at NCA Summer Camps!