


# CHEER 3 DAY

# YOUTH CAMP

\*SUBJECT TO CHANGE

DAY 1		FUN DAY		DAY 3		NOTES
REGISTRATION		BREAKFAST		BREAKFAST		
9:00	Orientation & Intros	9:00	Cheerobics	9:00	Cheerobics	
9:30	Youth Dance - First Half Spirit Break		Spirit Chants		Spirit Chants	
10:15	Cheer Basics	9:30	Jump Class	9:30	Jump Class	
	Coaches' Meeting	10:00	Cheer & Chant Class	10:00	Spirit Break	
10:45	Cheer/Chant Class		*Game Day Focus	10:15	Cheer & Chant Class	
			Coaches' Meeting		Coaches' Meeting	
11:30	Fun Ribbons Camp Details & Rules	11:00	Formation/Transition Class	11:00	Herkie Says	
		11:30	Fun Ribbons	11:15	Stunt Class	
LUNCH		LUNCH		LUNCH		
12:30	Spirit Spot Activity	12:30	Pyramid Workshop	12:30	Practice Time with Coach	
12:45	Safety First/S.P.O.T. Stunt Class	1:00	Dance Class	1:00	BleacherMania	
1:30	Youth Dance - Second Half	1:45	Spirit Break	1:45	Spirit Break	
1:45	Spirit Break	2:00	Cheer & Chant Review	2:00	Cheer & Chant Review	
2:00	Cheer & Chant Review	2:15	NCA PRIMETIME			
2:15	NCA PRIMETIME	2:45	Evaluations	2:15	NCA PRIMETIME	
2:45	Evaluations	3:15	Spirit Sticks	2:45	Evaluations	
3:15	Spirit Sticks	3:30	Team Time & Games	3:15	Spirit Sticks	
3:30	Team Time & Games	4:00	Closing	3:30	Team Time & Games	
4:00	Closing	4:15	Camp Counselor Meeting	4:00	Closing	
4:15	Camp Counselor Meeting					
REMINDER		REMINDER		<b>2010</b>		
Tomorrow is <b>FUN DAY!</b> Dress in your craziest clothes through dinner.		Say goodbye to your buddy... tomorrow is the last day of camp!				

NCA Summer Camps... The Place To BE!