


CHEER 3 DAY

OVERNIGHT CAMP

*SUBJECT TO CHANGE

DAY 1		FUN DAY		DAY 3		NOTES
REGISTRATION		BREAKFAST		BREAKFAST		
2:00	Opening Rally	8:15	Captains' Class	9:00	Final Evaluation	
2:30	Spirit Dance Coaches' Meeting	8:30	Team Time/Cheerobics Coaches' Meeting		*Repeat any NCA Cheer & Chant	
3:00	Camp Cheer/Chant Class Gatorade Break	8:50	Jump Class	9:45	Optional Competitions Sign-ups	
3:35	Buddy Time Individual help with material	9:30	Cheer & Chant Class *Game Time Focus		*Champion Chant (No Entrance, 3-3-3)	
4:10	Jump Technique Class	10:20	Stunt Class		*Game Time Top Team (Game Day Entrance, Crowd Response Cheer, Restricted Skills)	
4:45	Coaches' Meeting with NCA Buddy Team Time Camp Details & Rules	11:30	Dance Showcase NCA PRIMETIME Sign-up		*Performance Top Team (Entrance, Any Cheer, Showcase Team Skills)	
DINNER		LUNCH				
7:00	Safety First/S.P.O.T.	1:30	Practice Time with Coach	10:45	Cheer and Chant Review Dance Showcase BleacherMania 2010	
7:15	Core Stunts & Skill Check Gatorade Break	2:00	NCA PRIMETIME *Informal Evaluation	11:15	Awards & Closing	
8:00	First Night Feedback *Material, Stunts, Fight Song	4:00	Specialty Classes *Choose Your Class			
8:30	Game Day Entrance Explanation & Demo	DINNER				
8:35	Spirit Sticks	7:00	Evaluations *Evaluation on Game Time Cheer & Chant			
8:45	Team Time Safety Awareness Test	7:20	All-American Tryouts			
		7:50	Basket Builders			
		8:35	Spirit Sticks			
		8:45	Team Time			
REMINDER		REMINDER		2010		
Tomorrow is FUN DAY! 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!