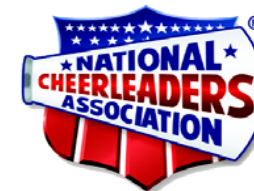


# CHEER 4 DAY

# OVERNIGHT 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	Spirit Dance	8:30	Team Time/Cheerobics	8:30	Team Time		*Repeat any NCA Cheer & Chant
	Coaches' Meeting		Coaches' Meeting		Cheerobics		
3:00	Camp Cheer/Chant Class	8:50	Jump Class		Coaches' Meeting	9:45	Optional Competitions
	Gatorade Break	9:30	Cheer & Chant Class	8:50	Cheer & Chant Class		Sign-ups
3:35	Buddy Time		*Game Time Focus	9:50	Stunt Class		*Champion Chant
	Individual help with material	10:20	Stunt Class	10:50	Pyramid Workshop		(No Entrance, 3-3-3)
4:10	Jump Technique Class	11:30	Dance Showcase	11:40	Dance Showcase		*Game Time Top Team
4:45	Coaches' Meeting with NCA Buddy		NCA PRIMETIME Sign-up		NCA PRIMETIME Sign-up		(Game Day Entrance, Crowd Response Cheer, Restricted Skills)
	Team Time		<b>LUNCH</b>		<b>LUNCH</b>		*Performance Top Team
	Camp Details & Rules	1:30	Practice Time with Coach	1:30	Practice Time with Coach		(Entrance, Any Cheer, Showcase Team Skills)
	<b>DINNER</b>	2:00	NCA PRIMETIME	2:00	NCA PRIMETIME		
7:00	Safety First/S.P.O.T.		*Evaluation on Game Time	4:00	*Informal Evaluation		
7:15	Core Stunts & Skill Check	4:00	Cheer & Chant	4:00	Specialty Classes		
	Gatorade Break		Basket Builders		*Choose Your Class		
8:00	First Night Feedback		<b>DINNER</b>		<b>DINNER</b>	10:45	Cheer and Chant Review
	*Material, Stunts, Fight Song	7:00	Evaluations	6:45	Stretch & Warm-up		Dance Showcase
8:30	Game Day Entrance		* Game Time Evaluation	7:00	All-American Tryouts		BleacherMania 2010
	Explanation & Demo	7:30	Specialty Classes	7:45	Practice Time with Buddy		
8:35	Spirit Sticks		*Choose Your Class	8:05	Material Review		
8:45	Team Time	8:35	Spirit Sticks		*Cheers, Chants & Dances	11:15	Awards & Closing
	Safety Awareness Test	8:45	Team Time	8:20	Spirit Sticks		
	<b>REMINDER</b>		<b>REMINDER</b>	8:30	Team Time		
	Don't forget that tomorrow is <b>GAME DAY</b> , show your school spirit!		Tomorrow is <b>FUN DAY!</b> Dress in your craziest clothes through dinner.	<h1>2010</h1>			



## NCA Summer Camps... The Place To BE!