


# CHEER 4 DAY

# LUXURY 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	8:50	Coaches' Meeting		Cheerobics		
3:00	Camp Cheer/Chant Class	9:20	Jump Class		Coaches' Meeting	9:45	Optional Competitions
	Gatorade Break		Cheer & Chant Class	8:50	Cheer & Chant Class		Sign-ups
3:35	Buddy Time	9:50	*Game Time Focus	9:50	Stunt Class		*Champion Chant
	Individual help with material	10:40	Stunt Class	10:40	Specialty Classes		(No Entrance, 3-3-3)
4:10	Jump Technique Class	11:45	Specialty Classes	11:45	*Choose Your Class		*Game Time Top Team
4:45	Coaches' Meeting with NCA Buddy		*Choose Your Class		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	Practice Time With Coach/Free Time		Practice Time With Coach/Free Time			(Entrance, Any Cheer, Showcase Team Skills)
DINNER		DINNER		DINNER			
7:00	Safety First/S.P.O.T.	5:30	NCA PRIMETIME	5:30	NCA PRIMETIME		
7:15	Core Stunts & Skill Check		*Informal Evaluation		*Informal Evaluation		
	Gatorade Break	6:30	Evaluations	6:30	Evaluations	10:45	Cheer and Chant Review
8:00	First Night Feedback		*Evaluation on Game Time	7:15	Stretch & Warm-up		Dance Showcase
	*Material, Stunts, Fight Song	7:15	Cheer & Chant	7:30	All-American Tryouts		BleacherMania 2010
8:30	Game Day Entrance	8:15	Basket Builders	8:15	Material Review		
	Explanation & Demo	8:30	Material Review		*Cheers, Chants & Dances	11:15	Awards & Closing
8:35	Spirit Sticks	8:45	*Cheers, Chants & Dances	8:30	Spirit Sticks		
8:45	Team Time		Spirit Sticks	8:45	Team Time		
	Safety Awareness Test		Team Time				
REMINDER		REMINDER		<b>2010</b>			
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.					

NCA Summer Camps...The Place To BE!