

# PERFORMANCE - 3 DAY

2023

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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Time	Class	Notes	NFH S
1:00 PM	Opening Rally	Meet your NCA Staff!!	
1:15 PM	Material Demos	The Jam, AA Cheer & a Chant w/ 1-3-1 method	
1:30 PM	The Jam / Coaches' Meeting	Dance utilized in the development of your routine	E
2:15 PM	Jump Class	Work on & improve upon jumps & exercises	
2:45 PM	Chant Class	Select 1 chant to learn from Chants #1-5	C
3:15 PM	Buddy Time	Introductions, Spirit Book, National Bid/NFHS Process	L
3:45 PM	Stunt S.A.F.E. / Coaches Return	Philosophy ensure the safety of all teams while stunting	A
4:00 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
4:15 PM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ buddy	S
4:30 PM	<b>DINNER</b>		
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Stunt Foundations	Core stunts & technique make up the foundation stunting	A
6:45 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
7:00 PM	Design Time	Work on the setting Dance section & work on routine	
8:05 PM	Leader's Reception/Material Review	Team Leaders meet with their NCA Buddy instructor	S
8:25 PM	Team Time	Team Building Activities	L
8:50 PM	Announcements		
8:55 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
9:00 PM	Tally Ho	Camp Dismissed! Have a great night!	

DAY 1

Time	Class	Notes	Notes2 IS
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
8:30 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	L
8:40 AM	Cheerobics / The Jam Review	Fun warm up to get the body moving & ready to go	
8:50 AM	Design Time	Finish at least the first 6 8-counts	A
9:50 AM	Stunt Class	Core+, Stunt Progressions 1, 2, & 3	A
10:50 AM	Basket Builders / Coaches Return	Take part in drills or optional class for JH/MS teams	A
11:20 AM	All-American Cheer & Demo	This cheer is used for All-American Tryouts ONLY	
11:30 AM	<b>LUNCH</b>		
12:30 PM	Practice Time with Coach	Optional practice time if needed	
1:00 PM	Custom Coaching #1	1 <sup>st</sup> Eval on Routine or Cheer & Chant w/ Buddy	C
1:30 PM	Custom Coaching #2	1 <sup>st</sup> Eval on Routine or Cheer & Chant w/ Buddy	C
2:00 PM	Custom Coaching #3	1 <sup>st</sup> Eval on Routine or Cheer & Chant w/ Buddy	C
2:30 PM	Pyramid Workshop	Team works on Static & Transitional pyramids	A
3:30 PM	Specialty Classes	Hip Hop Dance, All-American Workshop & Stunt Class	E
4:30 PM	<b>DINNER</b>		
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
6:20 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
6:40 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
7:00 PM	Evaluation	2 <sup>nd</sup> Evaluation on Routine or Cheer & Chant	E
7:30 PM	Top Team & All-American Sign-Up	Optional final day competition sign up	
7:45 PM	Top Gun	Jumps, Tumbling, Stunts, & Dance	
8:30 PM	Spirit Sticks / Stick Skits / Mascots	Given to teams exemplifying team spirit throughout the day	
8:45 PM	Team Time	Shower of Praise	L
9:00 PM	Tally Ho	Camp Dismissed! Remember, tomorrow is FUN DAY!!	

FUN DAY 2

\* Opportunity for home fight song & additional material feedback.



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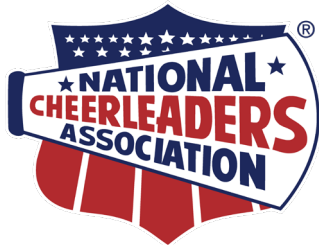
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Time	Class	Notes	Notes2 IS
8:30 AM	Coaches' Meeting		
	All-American Warm-Up	Optional All-American Team Tryout	
8:45 AM	All-American Tryout	3 stamina jumps, spirited entrance, & AA cheer	
9:30 AM	Final Day Competition Warm-Up	All final day competitions are optional	
	<b>Final Day Competitions</b>	Teams can compete in ALL 3	
9:50 AM	Top Team Chant	No Entrance, as taught, 1-3-1, Allow levels & ripples	C
10:10 AM	Top Gun Finals	Jumps, Tumbling, Stunts, & Dance	C
10:40 AM	Top Team Mini Routine	Performance based mini routine	C
11:10 AM	Material Showcase	The Jam / Hip Hop Dance / Camp Cheer / Seniors	
11:25 AM	Awards Presentation	Camp awards h&ed out.	
11:40 AM	Spirit Sticks	Take it home with you, if you earn one on the final day!	
11:45 AM	Closing	Final thoughts & message to camp	
12:00 PM	Tally Ho	Camp Dismissed!! Travel safe!	

# DAY 3

NOTES:



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