



NCA CHRISTIAN CAMP



OVERVIEW

Cheer camp offered in a Christian atmosphere! Our goal is to provide a powerful cheer camp with an impacting spiritual program. The Christian leadership curriculum is woven into every area of the camp experience through fun, thought-provoking activities and team bonding. We will provide practical, biblical leadership training that includes: sharing the love of Christ, building a bigger belief in what God can do, setting personal goals, and taking action in order to become impactful leaders. We want to equip teams to make a greater impact in their schools as true difference makers and disciples of Christ.

OPTIONS

Residential Camps, Resort Camps and Home Camps offered.

DETAILS

- NCA Staff is hand-picked for this camp type
- Optional Christian music is available
- Personalized pep rally routine for each team
- Daily Devotionals / Christian Leadership led by NCA staff
- Personal Journals provided to each athlete
- Nightly worship led by NCA staff
- Stunt / Pyramid curriculum is the standard NCA program
- Daily 1-on-1 coaching from an AACCA Certified instructor
- Game Day cheers and chants
- Three Evaluation opportunities
- Highly praised Coach Seminars designed to build Christian leadership
- Individual and team awards
- NFHS Credentialing
- CEU hours offered

WHAT ARE COACHES SAYING?

"I thought the Christian leadership camp was great! I've been to many different camps over the years and this was by far one of my favorites. Love the material." Lutheran High School North, Kendra Benson

"I love the leadership format & the focus on game day. The Rally Routine is such a great way for us to be creative & show our individual team's personalities & skills." Bracken Chr., Jennifer Warren

"One of my favorite parts of NCA's Christian Leadership Camp is the worship at the end of each day led by the staff. It is a great time to reflect on God's goodness and refresh our spirits after working hard all day." Round Rock Christian, Brandy Johnson

"Squad really enjoyed leadership. It is so important for girls to be empowered and taught to not only be leaders but Christian leaders." Westbury Christian, Yamileth Contreras

"I like the way the final competition day is set up; much less stressful. LOVE NCA staff and T BAR M location. Loved the worship & devotional times." Bracken Christian, Terri Sanders



Christian - 4 DAY



Leadership 2018 CAMP SCHEDULE

NFHS KEY:



CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP	LEADERSHIP
Time	Class	Notes				
1:00 PM	Opening Rally / Prayer					
1:15 PM	Fun Jam	Spirit routine, part of the Rally Routine				E
	Coach Meeting (1.5 hr)					
1:45 PM	Squad Tradition	Team bonding / Leadership				L
2:00 PM	Camp Cheer	Used for All-American tryouts				C
2:30 PM	Stunt S.A.F.E.	Philosophy ensure the safety of all teams while stunting				A
2:45 PM	Skill Drills	Skills necessary to keep your team safe while stunting				A
3:00 PM	Core Stunts	These stunts make up the foundation of all stunting				A
3:30 PM	Skill Check	Evaluate the current level of the team for stunt classes				A
3:45 PM	Gatorade Break					
3:55 PM	Chants (3)					C
4:15 PM	Christian Leadership	Team Activity				L
4:45 PM	DINNER					
6:30 PM	Star Jumper / Tumbler	Optional individual competition				A
7:00 PM	Game Day Cheer (signs/poms)	Bring your signs & poms to class				C
7:15 PM	Pep Rally	Fun pep rally. Take notes!				C
7:30 PM	T-Shirt Swap	NCA Leadership tradition. Bring shirt from your school				A
	Fashion Show					
	Material Review					
7:45 PM	Spirit Sticks	Daily Awards & announcements				
8:00 PM	Worship & Devotional / Coach Reception					L
Time	Class	Notes				
8:00 AM	Prayer & Team Activity					L
8:30 AM	Cheerobics / Coach Meeting (1 hr)	Warm up & stretch for the day				
8:45 AM	Game Day Class (signs/poms)	Learn how to utilize signs & poms. Bring yours.				C
9:15 AM	Chants (3)					C
9:30 AM	Material Review					
9:40 AM	Stunts					A
10:15 AM	Gatorade Break / Safety Awareness					
10:30 AM	Pyramids	Work on static & transitional structures				A
11:00 AM	Rally Routine	Staff helps you build a customized pep rally routine				S
11:30 AM	LUNCH (Captains Lunch)	Captains meet and lunch together				A
1:30 PM	Specialty Classes	Stunt Workshop / Game Day Cheer				C
2:00 PM	Dance Class (hip hop / band chant)	Split your team and learn both				E
	Coach Meeting (45 min.)					
2:30 PM	Material Review					
2:45 PM	1-on-1 Coaching	Get staff for 1 on 1 time to work on whatever you need				C
4:00 PM	Christian Leadership					L
4:30 PM	DINNER					
6:30 PM	Star Stunt	Optional stunt competition				A
7:00 PM	Evaluation - Cheer	1st evaluation on a cheer learned at camp				
7:30 PM	Rally Routine	Continue customizing your routine with an instructor				S
7:45 PM	All American Demos					
8:00 PM	Spirit Sticks	Daily awards and announcements				
8:15 PM	Bible Study / Worship					L

DAY 1

DAY 2



CHRISTIAN - 4 DAY

Leadership 2018 CAMP SCHEDULE

NFHS KEY:



CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
--------------	------------	---------------	---------	-------------	------------

Time	Class	Notes	
8:00 AM	Prayer & Team Activity		L
8:30 AM	Cheerobics / Coach Meeting (1.5 hr)	Warm up and stretch for the day	
8:45 AM	Jumps	Proper technique and strength builders	A
9:15 AM	Dance Class (hip hop / pom)	Back to the same groups as yesterday	D
9:45 AM	Material Review		
10:00 AM	Stunts		A
11:00 AM	Gatorade Break / Dance Party		
11:10 AM	Rally Routine	Continue building customized pep rally routine	S
11:30 AM	All-American Sign-Ups	Any leaders may sign up	
LUNCH			
1:30 PM	Specialty Classes	Basket Toss/Cradle Class / AA Workshop / Camp Champ	A
2:00 PM	1-on-1 Coaching	Get staff for 1 on 1 time to work on whatever you need	C
3:20 PM	Gatorade Break		
3:30 PM	Evaluation / Champion Chant	Evaluation on any chant learned at camp	C
4:00 PM	Christian Leadership		L
4:30 PM	DINNER		
6:30 PM	All-American Tryout	Friends and family are welcome to watch	
7:00 PM	Rally Routine	Run through rally routine on the mat	S
7:30 PM	Coaches Recognition	Fun activity with Coach	
7:45 PM	Spirit Sticks	Daily Awards and Announcements	
8:00 PM	Bible Study & Worship		L

FUN DAY 3

Time	Class	Notes	
9:00 AM	Optional practice Time with Coach	Final preparations for the last day	
9:30 AM	Final Evaluation		
10:00AM	Extra practice Time with Coach		
10:15 AM	Camp Champion Runoff	Rally Routine competition	C
10:45 AM	Material Showcase		C
11:00 AM	AWARDS		
11:15 AM	Final Leadership/Closing Prayer		L
11:30 AM	TALLY HO!		

DAY 4



NOTES: