



NCA LEADERSHIP CAMP

OVERVIEW

NCA Leadership camps offer in-depth training on individual and team leadership skills. The leadership curriculum is woven into every area of the camp experience through fun, thought-provoking activities and team bonding. Teams focus on practical leadership, goal setting and creating a vision for being difference makers.

OPTIONS

Residential Camps, Day Camps and Home Camps offered.

DETAILS

- Personalized pep rally routine for each team
- 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 leadership
- Individual and team awards
- NFHS Credentialing
- CEU hours offered

WHAT ARE COACHES SAYING?

"I love the leadership program and the character of the staff hired for these camps. They meet the individual needs of each team. We always get great 1 on 1 time with a staff member which is valuable to our athletes." Sunnyvale HS, Kristi McDermott

"Once again, NCA Leadership has exceeded my expectations. I cannot adequately explain what a blessing NCA Leadership – the whole camp experience – but especially the staff has been to me personally and our cheer program. We won't go anywhere else." Anacoco HS, Cindy Dowden

"We loved how the instructors were helpful, friendly and approachable. The instructors at this camp were GREAT!" Baird HS, Jill Cook

"The Leadership program never ceases to amaze me! The leadership taught was the best yet; I plan on using it for our staff development at my school." Rowlett HS, Courtney Cox



OVERNIGHT - 4 DAY *Leadership* 2018 CAMP SCHEDULE

NFHS KEY:



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

Time	Class	Notes	
1:00 PM	Opening Rally		
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 to 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)	Sidelines	C
4:15 PM	Leadership	Introduction of camp theme & goals	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 a shirt from your school	A
	Fashion Show		
	Material Review		
7:45 PM	Spirit Sticks	Daily Awards & announcements	
8:00 PM	Leadership / Coach Reception		L

DAY 1

Time	Class	Notes	
8:00 AM	Leadership		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)	Sidelines	C
9:30 AM	Material Review		
9:40 AM	Stunts	Learn at your level. Core+/Novice/Intermediate/Advanced	A
10:15 AM	Gatorade Break / Safety Awareness	Review stunt safety rules	
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	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	C
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	Leadership		L

DAY 2



OVERNIGHT - 4 DAY *Leadership* 2018 CAMP SCHEDULE

NFHS KEY:



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

Time	Class	Notes	
8:00 AM	Leadership		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	E
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	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	A
7:45 PM	Spirit Sticks	Daily Awards and Announcements	
8:00 PM	Leadership		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		C
10:00 AM	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	Leadership		L
11:30 AM	TALLY HO!		

DAY 4



NOTES: