



YOUTH CAMP - 3 DAY

2018 CAMP SCHEDULE

NFHS KEY:

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

| Time | Class | Notes | |
|----------|-------------------------------|--|---|
| 9:00 AM | Orientation | Welcome to NCA Camp! | |
| 9:15 AM | Introductions | Meet your NCA Staff!! | |
| 9:30 AM | Youth Dance - 1st Half | Novice Level Youth Dance | E |
| 10:00 AM | Spirit Break | | C |
| 10:15 AM | Motions 101 / Coaches Meeting | Motion Technique and beginner fundamentals | C |
| 10:45 AM | Cheer / Chant Class | Learn a Cheer and a Chant | L |
| 11:30 AM | Fun Ribbons | Staff hands out ribbons | |
| 11:45 AM | Team Time / Coaches Reception | Intro to our camp theme! / Coaches meet w/ buddy | S |
| 12:00 PM | LUNCH | | |
| 12:30 PM | Spirit Spot Activity | Meet with your NCA Buddy | |
| 12:45 PM | Stunt S.A.F.E. | Philosophy ensure the safety of all teams while stunting | A |
| 1:00 PM | Skill Drills | Skills necessary to keep your team safe while stunting | A |
| 1:15 PM | Stunts Class - Core+ | These stunts make up the foundation of all stunting | A |
| 1:45 PM | Youth Dance - 2nd Half | Novice Level Youth Dance | E |
| 2:00 PM | Spirit Break | | |
| 2:15 PM | Cheer / Chant Review | Review the Cheer and Chant for earlier | |
| 2:30 PM | Custom Coaching | 1 st Evaluation on Cheer & Chant w/ Buddy | C |
| 3:00 PM | Evaluation | 2 nd Evaluation on Cheer & Chant w/ Camp | E |
| 3:30 PM | Team Time | Team Bonding and Games | L |
| 3:50 PM | Announcements | | |
| 3:55 PM | Spirit Sticks | Given to teams exemplifying team spirit throughout the day | |
| 4:00 PM | Tally Ho | Camp Dismissed! Have a great night! | |

DAY 1

| Time | Class | Notes | |
|----------|-------------------------------|--|---|
| 8:45 AM | Arrive at Camp | On time and ready to go for the day!!! | L |
| 9:00 AM | Team Time / Spirit Chants | Let's get camp started right!! | L |
| 9:15 AM | Cheerobics | Fun warm up to get the body moving and ready to go | |
| 9:30 AM | Jump Class | Work on and improve upon jumps & exercises | A |
| 10:15 AM | Spirit Break | | |
| 10:30 AM | Cheer Class / Coaches Meeting | Learn a Game Day Cheer | C |
| 11:00 AM | Chant Class | Learn a new chant | C |
| 11:30 AM | Formation / Transition Class | Learn how to clean formations and move to the next one | |
| 12:00 PM | LUNCH | | |
| 12:30 PM | Pyramid Workshop | Team works on Static and Transitional pyramids | A |
| 1:00 PM | Dance Class / Coaches Meeting | Learn Youth Dance / Coaches head to meeting | E |
| 1:45 PM | Spirit Break | | |
| 2:00 PM | Cheer / Chant Review | Review the Cheer and Chant for earlier | |
| 2:15 PM | Custom Coaching | 1 st Evaluation on Cheer & Chant w/ Buddy | C |
| 2:45 PM | Evaluation | 2 nd Evaluation on Cheer & Chant w/ Camp | E |
| 3:15 PM | Team Time | Team Bonding and Games | A |
| 3:35 PM | Announcements | | |
| 3:45 PM | Spirit Sticks | Given to teams exemplifying team spirit throughout the day | |
| 4:00 PM | Tally Ho | Camp Dismissed! Have a great night! | |

FUN DAY 2

| Time | Class | Notes | |
|----------|-------------------------------|--|---|
| 8:45 AM | Arrive at Camp | On time and ready to go for the day!!! | L |
| 9:00 AM | Team Time / Spirit Chants | Let's get camp started right!! | L |
| 9:15 AM | Cheerobics | Fun warm up to get the body moving and ready to go | |
| 9:30 AM | Jump Class | Work on and improve upon jumps & exercises | A |
| 10:00 AM | Spirit Break | | |
| 10:15 AM | Cheer Class / Coaches Meeting | Learn a Game Day Cheer | C |
| 10:45 AM | Chant Class | Learn a new chant | C |
| 11:00 AM | Herkie Says | Play this fun variation of Simon Says | |
| 11:15 AM | Stunt Class | Continue working on Core+ and Novice | A |
| 12:00 PM | LUNCH | | |
| 12:30 PM | Practice Time with Coach | Optional practice time if needed | |
| 1:15 PM | Cheer / Chant Review | Review the Cheer and Chant for earlier | C |
| 1:45 PM | Custom Coaching | 1 st Evaluation on Cheer & Chant w/ Buddy | C |
| 2:15 PM | Spirit Break | | |
| 2:30 PM | Final Evaluation | 2 nd Evaluation on Cheer & Chant w/ Camp | E |
| 3:00 PM | Team Time | Team Bonding and Games | L |
| 3:30 PM | Spirit Sticks | Given to teams exemplifying team spirit throughout the day | |
| 3:45 PM | Closing | Final thoughts and message to camp | |
| 4:00 PM | Tally Ho | Camp Dismissed! Have a great night! | |

DAY 3