CHEER 4 Day Camp

Subject to Change

Day 1

REGISTRATION

2:00 Opening Rally
2:30 Spirit Dance
Coaches' Meeting
3:00 Camp Cheer/Chant Class
3:45 Camp Cheer Preparation
4:00 Buddy Time
Stunt Skill Check
Safety Awareness Test
4:45 Coaches' Meeting
with Buddy
HI - Team ESTEEM

DINNER

7:00 Practice Time with Buddy
7:15 Camp Cheer Evaluation
7:45 Safety First/S.P.O.T.
Stunt Tech 101
Game Day Stunts
8:30 Spirit Sticks
8:45 Team ESTEEM

REMINDER!

Decide on a chant for your evaluation.

Day 2

BREAKFAST

8:20 Captains' Class
8:30 Team ESTEEM
Cheerobics
Coaches' Meeting
9:00 Jump Class
9:45 Cheer Class
10:30 Stunts
11:30 Specialty Class Preview
Custom Coaching Sign-up

LUNCH

2:00 NCA PRIMETIME
Practice Time
4:00 Specialty Classes

DINNER

7:00 Evaluations
*NCA Cheer with Stunts
*NCA Chant
7:30 Chant Class
7:40 Basket Builders
8:20 Material Review
8:30 Spirit Sticks
8:45 Team ESTEEM

REMINDER!

Tomorrow is **FUN DAY**! Dress in your most spirited clothes through dinner.
GET SOME REST!

Day 3

BREAKFAST

8:20 Captains' Class
8:30 Team ESTEEM
Cheerobics
Coaches' Meeting
9:00 Cheer Class
9:30 Stunts
10:30 BleacherMania 2006
11:00 Game Day Pyramids
11:30 Custom Coaching Sign-up

LUNCH

2:00 NCA PRIMETIME
Practice Time
4:00 Specialty Classes

DINNER

7:00 All-American Tryouts
7:45 Practice Time with Buddy
8:15 Material Review
8:30 Spirit Sticks
8:45 Team ESTEEM

REMINDER!

Say goodbye to your buddy....
tomorrow is the last day of camp!

Day 4

BREAKFAST

9:00 Final Evaluation
*Repeat NCA Cheer with
Stunts and a NCA Chant
*Champion Chant & Top Team
Sign up
9:45 Champion Chant
Game Day & Performance
Top Team Run-off
10:45 Cheer and Chant Review
Dance Review
BleacherMania 2006
11:15 Awards
11:45 Closing

NATIONAL CHEERLEADERS ASSOCIATION®

Changing Lives...One Camp at a Time!