

NCA @ SMU

White & Black

*Subject to Change

Day 1		Fun Day		Day 3		Notes
REGISTRATION		BREAKFAST 7:30 - 8:30		BREAKFAST 7:00 - 7:45		
2:00	Opening Rally Camp Rules	8:30	Captains' Class	8:00	Field Opens For Practice	
2:30	Spirit Dance Coaches' Meeting	9:00	Team ESTEEM/Cheerobics Coaches' Meeting	9:00	Final Evaluation *Repeat NCA Cheer & Chant *Champion Chant & Top Team sign up	
3:15	Camp Cheer Chant Class	9:20	Jump Class			
4:00	Buddy Time Individual help with material	9:50	Cheer & Chant Class *Game Day Focus	9:45	Optional Competitions *Champion Chant (No Entrance, 3-3-3)	
4:45	Coaches' Meeting w/ Buddy Team ESTEEM	10:30	Stunt Class			
5:00	Break for Dinner	11:45	Dance Showcase NCA PRIMETIME Sign-up			
	DINNER 5:15 - 6:15	12:15	NCA PRIMETIME *Informal Evaluation on Cheer & Chant with Crowd Involvement			
			LUNCH 1:30 - 2:30			
7:15	Safety First/S.P.O.T.	3:00	Practice Time with Coach			
7:30	Core Stunts	3:30	Specialty Classes *Dances/Stunts/Radical Response			
8:15	Jump Technique Class	4:30	Basket Builders			
8:45	Game Day Entrance Explanation & Demo		PIZZA PARTY			
8:50	Spirit Sticks	7:00	Warm-up for Evaluations			
9:00	Team ESTEEM Safety Awareness Test	7:15	Evaluations *NCA Cheer/Chant w/Crowd Invol.	10:45	Cheer and Chant Review Dance Showcase BleacherMania 2009	
		7:45	All-American Tryouts			
		8:30	Spirit Sticks	11:15	Awards Closing	
		8:45	Team ESTEEM			
	REMINDER!		REMINDER!			
	Tomorrow is FUN DAY! Dress in your craziest clothes through dinner.		Say goodbye to your buddy.... tomorrow is the last day of camp!			
					2009	



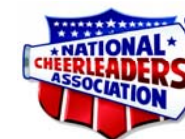
This year...your chance...STEP UP!

NCA @ SMU

Red & Blue

*Subject to Change

Day 1		Fun Day		Day 3		Notes
REGISTRATION		BREAKFAST 6:30 - 7:30		BREAKFAST 7:45 - 8:30		
2:00	Opening Rally Camp Rules	8:00	Meet with Buddy	8:00	Field Opens For Practice	
2:30	Spirit Dance Coaches' Meeting	8:30	Captains' Class	9:00	Final Evaluation *Repeat NCA Cheer & Chant *Champion Chant & Top Team sign up	
3:15	Camp Cheer Chant Class	9:00	Team ESTEEM/Cheerobics Coaches' Meeting	9:45	Optional Competitions *Champion Chant (No Entrance, 3-3-3)	
4:00	Buddy Time Individual help with material	9:20	Jump Class			
4:45	Coaches' Meeting w/ Buddy Team ESTEEM	9:50	Cheer & Chant Class *Game Day Focus			
5:00	Safety First/S.P.O.T.	10:30	Stunt Class			
5:15	Core Stunts	11:45	Dance Showcase NCA PRIMETIME Sign-up			
6:00	Break for Dinner	LUNCH 12:15 - 1:15				
	DINNER 6:15 - 7:15	1:45	Practice Time with Coach			
8:15	Jump Technique Class	2:30	NCA PRIMETIME *Informal Evaluation on Cheer & Chant with Crowd Involvement			
8:45	Game Day Entrance Explanation & Demo	3:30	Specialty Classes *Dances/Stunts/Radical Response			
8:50	Spirit Sticks	4:30	Basket Builders			
9:00	Team ESTEEM Safety Awareness Test	PIZZA PARTY				
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REMINDER!		REMINDER!				
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