



HUSSON CAMP SCHEDULE

2026

NFHS KEY:

CROWD LEADER	AMBASSADOR	SPIRIT RAISER	ATHLETE	ENTERTAINER	LEADERSHIP
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NFHS

1:00 PM	Opening Rally	Meet your NCA Staff!!	
1:15 PM	Material Demos	The Jam, AA Cheer and a Chant	
1:30 PM	The Jam / Coaches' Meeting	Dance utilized in the development of your routine	E
2:10 PM	AA Cheer	Cheer utilized in AA tryout for those nominated	C
2:30 PM	Chant Class / Intro to GDX	Teams learn selected chant & how to work a gameday sideline	C
3:05 PM	Jump Class / Coaches Return	Work on and improve upon jumps & exercises	A
3:30 PM	Buddy Time	Introductions, Spirit Book, National Bid/NFHS Process	L
3:50 PM	S.T.A.Y S.A.F.E.	Ensure the safety of all teams while stunting	A
4:05 PM	Skill Drills	Skills necessary to keep your team safe while stunting	A
4:20 PM	Team Time / Coaches Reception	Intro to our camp theme! / Coaches meet w/ buddy	S
4:30 PM	DINNER	R-W-B	
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Stunt Foundations	Core stunts & technique make up the foundation stunting	A
6:20 PM	Skill Check	Evaluate the current level of the team for stunt classes	A
7:00 PM	Design Time	Work on setting the JAM routine	A
8:05 PM	Leader's Reception/Material Review	Team Leaders meet with their NCA Buddy instructor	L
8:25 PM	Team Time	Team Building Activities	A
8:50 PM	Spirit Sticks/Announcements	Given to teams exemplifying team spirit throughout the day	
9:00 PM	Tally Ho!	Camp Dismissed! Have a great night!	

DAY 1

NFHS

8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
8:30 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	A
8:40 AM	Cheerobics / The Jam Review	Fun warm up to get the body moving and ready to go	S
8:50 AM	Design Time	Finish at least the first 6 8-counts / cleaning, no skills	E
9:50 AM	Stunt Class / Coaches Return	Inversions and Twisting Skills	A
10:50 AM	Basket Builders	Take part in drills or optional class for JH/MS teams	A
11:20 AM	Dance & Top Gun Demo Showcase	Demo of Pom Dance and Advanced Dance / Top Gun Jumps and Tumbling	
11:30 AM	LUNCH	W-B-R	
12:30 PM	Practice Time with Coach	Optional practice time if needed	
1:00 PM	Custom Coaching #1	Work on JAM Routine w/ Buddy, informal evaluation	E
1:30 PM	Custom Coaching #2	Work on JAM Routine w/ Buddy, informal evaluation	E
2:00 PM	Custom Coaching #3	Work on JAM Routine w/ Buddy, informal evaluation	E
2:30 PM	Pyramid Workshop	Team works on Static and Transitional pyramids	A
3:30 PM	Specialty Classes	Pom Dance, Advanced Dance (1 day), Band Chant, & Optional Stunts	E
4:30 PM	DINNER	B-R-W	
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
6:20 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
6:40 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
7:00 PM	Evaluation	Formal Evaluation on JAM Routine	E
7:30 PM	Top Gun	Jumps and Tumbling	A
8:00 PM	Team Time	Team Time - SPIRIT EXCHANGE	A
8:30 PM	Spirit Sticks/Announcements	Given to teams exemplifying team spirit throughout the day	
8:40 PM	Tally Ho	Camp Dismissed! Remember, tomorrow is FUN DAY!!	

DAY 2



HUSSON CAMP SCHEDULE

2026

NFHS KEY:

CROWD LEADER

AMBASSADOR

SPIRIT RAISER

ATHLETE

ENTERTAINER

LEADERSHIP

NFHS

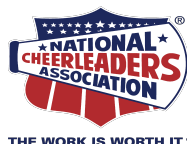
8:15 AM	Leaders in Training	Team Leaders attend additional leadership classes	L
8:30 AM	Fun Day Parade	Remember to dress up your buddy!	S
8:45 AM	Team Time / Coaches' Meeting	Camp Starts / Coaches head to meeting location	A
9:05 AM	Cheerobics	Fun Day warm up to get the body moving & ready to go	S
9:15 AM	Design Time	Finish the rest of the JAM routine / Cleaning, no skills	E
9:45 AM	Stunt Class / Coaches Return	Switching & Release Skills	A
10:50 AM	Dance & Top Gun Demo Showcase	Sideline Spirit Dance, Hip-Hop Dance, and Top Gun Stunts and Dance	
11:00 AM	All-American Tryout Talk & Demo	Discuss All-American Tryout Process / AA Nomination finalized by Lunch	
11:30 AM	LUNCH	R-W-B	
12:30 PM	Practice Time with Coach	Optional practice time if needed	
1:00 PM	Custom Coaching #3	Informal eval on JAM Routine w/ Buddy	E
1:30 PM	Custom Coaching #1	Informal eval on JAM Routine w/ Buddy	E
2:00 PM	Custom Coaching #2	Informal eval on JAM Routine w/ Buddy	E
2:30 PM	Pyramid/Stunt Workshop	Team works on stunts/pyramids of their choice or work on JAM routines	A
3:30 PM	Specialty Classes	Hip-Hop Dance, Sideline Spirit Dance, AA Workshop & Opt. Stunts	E
4:30 PM	DINNER	W-B-R	
5:30 PM	Practice Time with Coach	Optional practice time if needed	
6:00 PM	Custom Coaching #1	Buddy Swap - Work on anything *	C
6:20 PM	Custom Coaching #2	Buddy Swap - Work on anything *	C
6:40 PM	Custom Coaching #3	Buddy Swap - Work on anything *	C
7:00 PM	All American Tryout	3 stamina jumps, spirited entrance, & AA cheer	E
7:45 PM	Top Gun	Stunts and Dance	A
8:15 PM	Coaches Meeting / Material Review	Final Day Competition Sign Up	
8:30 PM	Spirit Sticks	Given to teams exemplifying team spirit throughout the day	
8:45 PM	Team Time / Tally Ho	Shower of Praise	A
		Camp Dismissed! Have a great night!	

FUN DAY 3

NFHS

8:30 AM	Coaches Meeting		
	Team warm up		A
8:45 AM	Final Eval		
9:30 AM	Final Day Competition Warm-Up	All final day competitions are optional	
	Final Day Competitions	NEW! - Teams can compete in ALL 3	
9:50 AM	Top Team Chant	No Entrance, as taught, allow levels and ripples (1-3-1)	C
	Top Team JAM Routine	Jam performance based mini routine	E
10:30:AM	Top Gun Finals	Jumps, Tumbling, Stunts, and Dance	A
11:00 AM	Material Showcase	AA Cheer / Seniors	
11:20 AM	Awards Presentation	Camp awards handed out.	
11:35 AM	Spirit Sticks	Take it home with you, if you earn one on the final day!	
11:40 AM	Closing	Final thoughts and message to camp	
12:00 PM	Tally Ho	Camp Dismissed!! Travel safe!	

DAY 4



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