



2020 NCA Leadership Overnight 4 Day



DAY 1		DAY 2		FUN DAY		DAY 4	
	9AM – 12PM REGISTRATION		BREAKFAST		BREAKFAST		BREAKFAST
1:00	Opening Rally	7:55	Buddy Meet Up	7:55	Buddy Meet Up	8:30	Team Practice with Coach
1:15	Camp Cheer - CL	8:00	Leadership - L	8:00	Leadership - L	9:00	Rally Routine Competition - SR
	Coach Meeting	8:30	Cheerobics / Material Review- A	8:30	Cheerobics - A	9:30	Warm Up Game Day
1:35	Timeout Dance - E		Coach Meeting		Coach Meeting	9:45	Game Day Competition - CL
2:05	Chants / 1-on-1 - CL	8:45	Dance Class - E	8:45	Sideline Dances - CL	10:15	Band Chant Showcase-Mascots
2:25	Jumps - A	9:30	Game Day Class(bring props) CL	9:15	Material Review/Gatorade Break	10:30	Meet the NCA Leadership Staff
2:45	Gatorade Break / Credentialing	10:30	Stunts - A	9:25	Stunt Class - A	10:35	Awards
3:05	Stunt SAFE - A		LUNCH (Captain's Lunch)	9:55	Pyramid Class - A	10:45	Final Leadership - L
3:10	Skill Drills - A			10:30	Rally Routine #2 / 1-on-1 - SR	11:00	Tally Ho! #GoBeGreat
3:20	Core Stunts / Skill Check - A				LUNCH		NFHS Pillars
3:50	Material Review - CL	1:30	Rally Routine #1 - SR				L – Leadership,
4:00	Leadership - L	2:15	Specialty Class	1:30	Workshop / Evaluation – Game Day Cheer - CL		AM – Ambassador, SR – Spirit
	DINNER	3:00	1-on-1 Coaching – Group A		Stunts - A		Raiser, CL – Crowd Leader,
		3:35	1-on-1 Coaching – Group B		Game Day Demo		E – Entertainer
		4:05	Leadership - L	2:30	Game Day 1-on-1 - CL		SPECIALTY CLASSES
6:30	Star Jumper / Tumbler - E		DINNER	3:05	Leadership - L		Chants / Cheer
7:00	Band Chant / 1-on-1 - SR			4:05			Stunt Workshop / Basket Builders
7:30	T-Shirt Swap/Camp Picture - AM				DINNER		Practice with Coach
7:45	Pep Rally - SR	6:30	Star Stunt Competition - E				
8:00	Spirit Sticks	7:00	Workshop / Evaluation / Sideline Chant - CL	6:30	All-American Tryouts - E		
		7:30	Band Chant 1-on-1 - SR	7:15	Rally Routine Run Through - SR		
		7:50	All American Demo	7:45	Coaches Recognition		
		8:00	Spirit Sticks	8:00	Spirit Sticks		
		8:15	Leadership - L	8:15	Leadership - L		
	Bring Game Day Props Tomorrow!		Wear Your Fun Day Attire Tomorrow!		Family & Friends Are Welcome Tomorrow!		

