



# COLLEGE OVERNIGHT

2019 CAMP SCHEDULE

Time	Class	Notes	DAY 1
1:00 PM	Opening Session	Meet your NCA Staff!!	
1:15 PM	GDIT	Band chant material to help bring your entire Spirit Group together	
1:45 PM	Game Day Cheers and Chants	Great Game Cheer and a Chant material to launch you into the new season	
2:30 PM	Partner Stunt Class		
3:45 PM	Pyramid Class		
5:00 PM	A- Dinner		
5:30 PM	B- Dinner		
6:00 PM	Coaches' Session- College Nationals		
7:15 PM	Rally Routine	Learn the motion segment, and begin preparing rally routine	
7:45 PM	Custom Coaching	Personal instruction time with your NCA Buddy Instructor	
8:45 PM	Mascots/Awards	Showtime with the NCA Mascot campers and Spirit Sticks	

Time	Class	Notes	DAY 2
8:30 AM	Coaches Skill Drills & Primetime Sign-up	Coaches meeting for tips and insights from Staff	
9:00 AM	Warm-up	Camp Starts	
9:30 AM	Material Review	Review Cheers & Chants, GDIT Motions and Rally Motions with Staff	
9:45 AM	Partner Stunt Class		
11:00 AM	NCA Primetime/All American Sign-up		
12:00 PM	A-Custom Coaching		
12:00 PM	<b>B- LUNCH</b>		
12:30 PM	<b>A- LUNCH</b>		
1:00 PM	Coaches' Session- Camp Assessment		
2:00 PM	B-Custom Coaching		
2:30 PM	<b>Baskets/Girls Dance</b>		
3:30 PM	Pyramids		
4:30 PM	All American Tryouts		
5:00 PM	B- Dinner		
5:00 PM	A- Practice	Optional practice time if needed	
5:30 PM	A- Dinner		
6:30 PM	B- Practice	Optional practice time if needed	
7:00 PM	A&B Evaluation Prep		
7:30 PM	Crowd Segment Evaluation		
8:00 PM	Top Gun Stunts		
8:30 PM	Awards		

Time	Class	Notes	DAY 3
8:30 AM	Coaches Meeting		
9:00 AM	Warm Up and Practice time	Teams get ready to go for the final day of camp	
9:30 AM	Rally Routine Evaluation	Eval on your Rally routine. You get 2 chances if you choose	
10:00 AM	Gameday Final Evaluation	Final eval on your gameday material. You get one opportunity	
10:30 AM	Evaluation Ribbons and Practice	Receive your evaluation and critique from NCA Staff	
10:45 AM	Rally Routine Competition	Compete to see you has the best Rally Routine in your division	
11:00 AM	Crowd Segment Run Off	One team from each division competes for Crowd Segment Title	
11:15 AM	<b>Mascots</b>	Final performance from your NCA Mascots	
11:30 AM	Final Awards	Optional practice time if needed	