



2021 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 Coach Meeting | 8:00 Leadership - L | 8:00 Leadership - L | 9:00 Rally Routine Competition - SR |
| 1:35 | Timeout Dance - E | 8:30 Cheerobics / Material Review- A Coach Meeting | 8:30 Cheerobics - A Coach Meeting | 9:30 Warm Up Game Day |
| 2:05 | Chants / 1-on-1 - CL | 8:45 Dance Class - E | 8:45 Sideline Dances - CL | 9:45 Game Day Competition - CL |
| 2:25 | Jumps - A | 9:30 Game Day Class(bring props) CL | 9:15 Material Review/Gatorade Break | 10:15 Band Chant Showcase-Mascots |
| 2:45 | Gatorade Break / Credentialing | 10:30 Stunts - A | 9:25 Stunt Class - A | 10:30 Meet the NCA Leadership Staff |
| 3:05 | Stunt SAFE - A | LUNCH (Captain's Lunch) Rookie Coach Mtg. | 9:55 Pyramid Class - A | 10:35 Awards |
| 3:10 | Skill Drills - A | | 10:30 Rally Routine #2 / 1-on-1 - SR | 10:45 Final Leadership - L |
| 3:20 | Core Stunts / Skill Check - A | | | 11:00 Tally Ho! #GoBeGreat |
| 3:50 | Material Review - CL | 1:30 Rally Routine #1 - SR | LUNCH | NFHS Pillars |
| 4:00 | Leadership - L | 2:15 Specialty Class | | A – Athlete |
| | DINNER | 3:00 1-on-1 Coaching – Group A | 1:30 Workshop / Evaluation – Game Day Cheer - CL | AM – Ambassador |
| 6:30 | Star Jumper / Tumbler - E | 3:35 1-on-1 Coaching – Group B | 2:30 Stunts - A | CL – Crowd Leader |
| 7:00 | Band Chant / 1-on-1 - SR | 4:05 Leadership - L | 3:00 Game Day Demo | E – Entertainer |
| 7:30 | T-Shirt Swap/Camp Picture - AM | DINNER | 3:05 Game Day 1-on-1 - CL | SR – Spirit Raiser |
| 7:45 | Pep Rally - SR | | 4:05 Leadership - L | L – Leadership |
| 8:00 | Spirit Sticks | 6:30 Star Stunt Competition - E | DINNER | SPECIALTY CLASSES |
| | Bring Game Day Props Tomorrow! | 7:00 Workshop / Evaluation / Sideline Chant - CL | | Chants / Cheer |
| | | 7:30 Band Chant 1-on-1 - SR | 6:30 All-American Tryouts - E | Stunt Workshop / Basket Builders |
| | | 7:50 All American Demo | 7:15 Rally Routine Run Through - SR | Practice with Coach |
| | | 8:00 Spirit Sticks | 7:45 Coaches Recognition | |
| | | 8:15 Leadership - L | 8:00 Spirit Sticks | |
| | | Wear Your Fun Day Attire Tomorrow! | 8:15 Leadership - L | |
| | | | Family & Friends Are Welcome Tomorrow! | |

