



# 2022 NCA Leadership Overnight 4 Day



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