



2022 CHRISTIAN Overnight 4 Day

Powered by NCA

DAY 1	DAY 2	FUN DAY	DAY 4
<p>9AM – 12PM REGISTRATION</p> <p>1:00 Opening Rally & Prayer</p> <p>1:15 Camp Cheer/Game Day Cheer - CL *Coach Meeting #1</p> <p>1:45 Squad Tradition / Buddy Time (NFHS Credentialing)</p> <p>2:00 Rally Dance - E</p> <p>2:30 Chants (3)</p> <p>2:50 1-on-1 Chants - CL</p> <p>3:00 Stunt SAFE - A</p> <p>3:15 Skill Drills - A</p> <p>3:30 Core Stunts - A</p> <p>4:00 Skill Check - A</p> <p>4:15 Material Review</p> <p>4:30 Christian Leadership - L</p> <p style="text-align: center;">DINNER</p> <p>6:30 Star Jumper / Tumbler - E</p> <p>7:15 Band Chant #1 - SR</p> <p>8:00 T-Shirt Swap/Camp Picture - AM</p> <p>8:15 Pep Rally - SR</p> <p>8:30 Spirit Sticks</p> <p style="text-align: center;">Coach Reception</p> <p style="text-align: center;">Bring Game Day Props Tomorrow!</p>	<p style="text-align: center;">BREAKFAST</p> <p>7:55 Buddy Meet Up</p> <p>8:00 Christian Leadership - L</p> <p>8:30 Cheerobics A *Coach Meeting #2</p> <p>8:45 Jump Class - A</p> <p>9:15 Game Day Class Stations (bring props) - CL</p> <p>10:15 Stunts - A</p> <p>11:15 Material Review</p> <p>11:30 LUNCH (Captain's Lunch) <i>Rookie Coach Mtg.</i></p> <p>12:30 Optional Practice with Coach</p> <p>1:00 Rally Routine #2 - SR</p> <p>1:45 Specialty Class #1</p> <p>2:45 1-on-1 Coaching – Group A</p> <p>3:15 1-on-1 Coaching – Group B</p> <p>3:45 Band Chant #2 - SR</p> <p>4:15 Christian Leadership - L</p> <p style="text-align: center;">DINNER</p> <p>5:30 Optional Practice with Coach</p> <p>5:30 Star Stunt Competition – E</p> <p>6:00 Game Day Demo by Staff</p> <p>6:30 Workshop / Evaluation</p> <p>6:40 Gameday Chant & Cheer - CL</p> <p>7:30 All American Demo</p> <p>7:45 Spirit Sticks</p> <p>8:00 Devotional / Worship - L</p> <p style="text-align: center;">Wear Your Fun Day Attire Tomorrow!</p>	<p style="text-align: center;">BREAKFAST</p> <p>7:55 Buddy Meet Up</p> <p>8:00 Christian Leadership - L</p> <p>8:30 Cheerobics - A Coach Meeting #3</p> <p>8:45 Jump Builders - A</p> <p>9:00 Specialty Class #2</p> <p>10:00 Rally Routine #3 - SR</p> <p>10:30 Stunts – A</p> <p>11:30 All American Sign Up</p> <p style="text-align: center;">LUNCH</p> <p>12:30 Optional Practice with Coach</p> <p>1:00 Pyramid Class – A</p> <p>1:30 Rally Routine #4 - SR</p> <p>2:00 1-on-1 Coaching – Group A</p> <p>2:30 1-on-1 Coaching – Group B</p> <p>3:00 Workshop / Evaluation – Game</p> <p>3:30 Day Chant & Cheer - CL</p> <p>4:00 Christian Leadership - L</p> <p style="text-align: center;">DINNER</p> <p>5:30 Optional Practice with Coach</p> <p>6:00 All-American Tryouts - E</p> <p>6:45 Rally Routine Run Through - SR</p> <p>7:15 Band Chant Review- SR</p> <p>7:45 Coaches Recognition</p> <p>8:00 Spirit Sticks</p> <p>8:15 Devotional / Worship - L</p>	<p style="text-align: center;">BREAKFAST</p> <p>8:30 Optional Practice with Coach</p> <p>9:00 Game Day Competition - CL</p> <p>9:30 Warm Up Rally Routine</p> <p>9:45 Rally Routine Competition - SR</p> <p>10:30 Band Chant Showcase - SR</p> <p>11:00 Mascot Perf. (Where applicable)</p> <p>11:15 Meet the NCA Leadership Staff</p> <p>10:30 Awards</p> <p>Final Christian Leadership-L Tally Ho! #GoBeGreat</p> <p style="text-align: center;"><u>NFHS Pillars</u></p> <p>A – Athlete AM – Ambassador CL – Crowd Leader E – Entertainer SR – Spirit Raiser L – Leadership</p> <p style="text-align: center;"><u>SPECIALTY CLASS #1</u></p> <p>Hip Hop Basket Builders / Cradles Chants (3)</p> <p style="text-align: center;"><u>SPECIALTY CLASS #2</u></p> <p>Pom Sideline Dances AA Workshop</p>