



# 2024 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	Coach Meeting #4
1:15	Camp Cheer <b>CL</b>	8:00	Leadership - <b>L</b>	8:00	Leadership - <b>L</b>		All American Warm Up
	*Coach Meeting #1	8:30	Cheerobics - <b>A</b>	8:30	AA Demo / Pom Demo / Sidelines	8:45	All American Tryout
1:30	Buddy Time / Squad Tradition		*Coach Meeting #2	8:40	Cheerobics - <b>A</b>	9:30	Final Day Competition Warm Up
1:45	Game Day Cheer <b>CL</b>	8:45	Jump Class - <b>A</b>		*Coach Meeting #3	9:50	Game Day Competition - <b>CL</b>
2:15	Rally Dance - <b>E</b>	9:15	Demo Band Chant <b>CL</b>	8:50	Jump Builders - <b>A</b>	10:10	Rally Routine Competition - <b>SR</b>
2:45	Chants (3)	9:20	Band Chant <b>CL</b>	9:15	Specialty Class #2	10:30	Band Chant Showcase
3:00	1-on-1 Chants - <b>CL</b>	10:00	Band Chant 1-on-1 <b>CL</b>	10:00	Pyramids <b>A</b>	11:00	Mascot Perf. (where applicable)
3:15	Stunt SAFE - <b>A</b>	10:15	Stunts - <b>A</b>	10:30	Rally Routine #3 <b>E</b>	11:15	Meet the NCA Leadership Staff
	Skill Drills - <b>A</b>	11:15	Material Review	11:30	All American Sign Up	11:30	Awards
	Core Stunts - <b>A</b>		<b>LUNCH (Captain's Mtg.)</b>		<b>LUNCH</b>	12:00	Final Leadership - <b>L</b>
	Skill Check - <b>A</b>		Coach Q & A	12:45	Optional Practice with Coach		Tally Ho! <b>#GoBeGreat</b>
4:15	Material Review - <b>CL</b>	12:45	Optional Practice with Coach	1:00	Stunts		<u>SPECIALTY CLASS #1</u>
4:30	Leadership - <b>L</b>	1:00	Rally Routine #2 - <b>SR</b>	2:00	1-on-1 Coaching – Group A		Hip Hop
	<b>DINNER</b>	1:45	Demo Hip Hop	2:30	1-on-1 Coaching – Group B		Basket Builders / Cradles
		1:50	Specialty Class #1	3:00	Workshop / Evaluation		Chants (3) / Game Day Cheer
6:30	Star Jumper / Tumbler - <b>E</b>	2:35	1-on-1 Coaching – Group A		Game Day Chant & Cheer - <b>CL</b>		<u>SPECIALTY CLASS #2</u>
7:05	Game Day Class Stations <b>CL</b>	3:05	1-on-1 Coaching – Group B	4:00	Leadership - <b>L</b>		Pom
7:40	Game Day Cheer Demo <b>CL</b>	3:35	Material Review		<b>DINNER</b>		Sideline Dances
7:45	1-on-1 Game Day Chant/Cheer	3:50	Band Chant #2 - <b>SR</b>		Optional Practice with Coach		AA Workshop
8:00	T-Shirt Swap/Camp Picture - <b>AM</b>	4:05	Leadership - <b>L</b>	6:15	Band Chant Review		<b>NFHS Pillars</b>
8:15	Pep Rally - <b>SR</b>	6:15	<b>DINNER</b>	6:30	Competition 1-on-1		<b>A – Athlete</b>
	Spirit Sticks	6:30	Optional Practice with Coach	6:50	Rally Routine Run Through - <b>SR</b>		<b>AM – Ambassador</b>
		7:00	Star Stunt Competition - <b>E</b>	7:20	Coaches Recognition		<b>CL – Crowd Leader</b>
		8:00	Workshop / Evaluation	7:40	Spirit Sticks		<b>E – Entertainer</b>
		8:15	Game Day Chant & Cheer - <b>CL</b>	8:15	Leadership - <b>L</b>		<b>SR – Spirit Raiser</b>
			Spirit Sticks				<b>L – Leadership</b>
			Leadership - <b>L</b>				
			<b>Wear Your Fun Day Attire Tomorrow!</b>				

