



2024 NCA Leadership Resort 4 Day



Evening Off

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

