



2026 NCA Leadership Overnight 4 Day



UNITE

	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 Coach Meeting #4
1:15	Camp Rules	8:00 Leadership AM	8:00 Leadership AM	8:45 Game Day Warm Up
1:30	AA Cheer CL	8:30 Demo Band Chant CL	8:25 Demo Dances	9:00 Game Day Competition CL
	*Coach Meeting #1	8:35 Cheerobics A	8:30 Cheerobics A	9:30 Rally Routine Warm Up
1:45	Rally Dance E	*Coach Meeting #2	*Coach Meeting #3	9:45 Rally Routine Competition SR
2:15	Chants (3)	8:45 Jump Class A	8:45 Jump Builders A	10:30 Band Chant Showcase
2:30	Game Day Cheer CL	9:15 Band Chant CL	9:15 Dance Class	11:00 Mascot Perf. (where applicable)
3:00	STAY SAFE A	9:45 Band Chant 1-on-1 CL	9:45 Band Chant Workshop / Eval CL	11:15 Meet the NCA Leadership Staff
3:15	Skill Check A	10:00 Stunts A	10:15 Pyramids A	11:30 Coaches Recognition
4:00	Buddy Time AM	11:00 Material Review	10:45 Rally Routine #3 SR	11:45 Awards
	Leadership, NFHS, Spirit Book, Sp. Events, Sq. Trad., Review	11:30 LUNCH (Senior Mtg.)	11:30 LUNCH (Captain's Mtg.)	12:15 Final Leadership AM
		1:00 Optional Practice with Coach	1:00 Optional Practice with Coach	Tally Ho! #GoBeGreat
4:45	DINNER	1:15 Rally Routine #2 SR	1:15 Stunts A	
6:30	Game Day Class Stations CL	2:00 AA Demo	2:00 Star Stunt Competition A	SPECIALTY CLASS
7:10	Game Day Cheer Demo CL	2:30 Specialty Class	2:15 1-on-1 Coaching with Buddy	Basketball/Volleyball Material
7:15	1-on-1 Game Day Chant/Cheer	3:15 Material Review	3:00 Workshop with Coach	Basket Builders / Cradles
7:45	Pep Rally SR	3:45 Band Chant #2 SR	3:15 Evaluation Rally Routine SR	AA Workshop
8:15	Spirit Sticks	4:00 Leadership AM	4:00 Leadership AM	Practice with Coach
8:30	Tally Ho!	4:30 DINNER	4:30 DINNER	
		4:30 Optional Practice with Coach	6:15 Optional Practice with Coach	NFHS Pillars
		6:15 Star Jumper / Tumbler E	6:15 All American Tryout	A – Athlete
		7:00 Workshop with Coach	6:30 Game Day Run Through CL	AM – Ambassador
		7:15 Evaluation - Game Day Chant & Cheer CL	7:00 Rally Routine Run Through SR	CL – Crowd Leader
		8:00 Spirit Sticks	8:00 T-Shirt Swap/Camp Picture AM	E – Entertainer
		8:15 Leadership AM	8:15 Spirit Sticks	SR – Spirit Raiser
		Fun Day Attire Tomorrow!	8:15 Leadership AM	

