



# 2026 NCA Leadership Resort 4 Day



## Evening Off

DAY 1	DAY 2	FUN DAY	DAY 4
<p><b>9AM – 12PM REGISTRATION</b></p> <p>1:00 Opening Rally</p> <p>1:15 Camp Rules</p> <p>1:30 <b>AA Cheer CL</b> *Coach Meeting #1</p> <p>1:45 <b>Rally Dance E</b></p> <p>2:15 <b>Chants (3) CL</b></p> <p>2:45 <b>Game Day Cheer CL</b></p> <p>3:00 <b>STAY SAFE A</b></p> <p>3:15 <b>Skill Check A</b></p> <p>4:00 <b>Buddy Time AM</b> Leadership, NFHS, Spirit Book, Sp. Events, Sq. Trad., Review</p> <p>4:45 <b>DINNER</b></p> <p>6:30 <b>Game Day Class Stations CL</b></p> <p>7:10 <b>Game Day Cheer Demo CL</b></p> <p>7:15 <b>1-on-1 Game Day Chant/Cheer</b></p> <p>7:45 <b>Pep Rally SR</b></p> <p>8:15 <b>Spirit Sticks</b></p> <p>8:30 <b>Tally Ho!</b></p>	<p>7:55 Buddy Meet Up</p> <p>8:00 Leadership <b>L</b></p> <p>8:30 <b>Demo Band Chant CL</b></p> <p>8:35 <b>Cheerobics A</b> *Coach Meeting #2</p> <p>8:45 <b>Jump Class - A</b></p> <p>9:15 <b>Band Chant CL</b></p> <p>9:45 <b>Band Chant 1-on-1 CL</b></p> <p>10:00 <b>Stunts - A</b></p> <p>11:00 <b>Material Review</b></p> <p>11:30 <b>LUNCH (Senior Mtg.)</b></p> <p>1:00 <b>Optional Practice with Coach</b></p> <p>1:15 <b>Rally Routine #2 SR</b></p> <p>2:00 <b>Specialty Class</b></p> <p>2:30 <b>1-on-1 Coaching with Buddy</b></p> <p>3:15 <b>Material Review</b></p> <p>3:45 <b>Band Chant #2 SR</b></p> <p>4:00 <b>Leadership AM</b></p> <p>4:30 <b>DINNER</b></p> <p>6:15 <b>Optional Practice with Coach</b></p> <p>6:30 <b>Star Jumper / Tumbler E</b></p> <p>7:00 <b>Workshop with Coach</b></p> <p>7:15 <b>Evaluation-Game Day Chant &amp; Cheer CL</b></p> <p>8:00 <b>Spirit Sticks</b></p> <p>8:15 <b>Leadership AM</b></p> <p><b>Fun Day Attire Tomorrow!</b></p>	<p>7:55 Buddy Meet Up</p> <p>8:00 Leadership <b>AM</b></p> <p>8:25 <b>Demo Dances</b></p> <p>8:30 <b>Cheerobics A</b> *Coach Meeting #3</p> <p>8:45 <b>Jump Builders A</b></p> <p>9:15 <b>Dance Class E</b></p> <p>9:45 <b>Band Chant Workshop /Eval CL</b></p> <p>10:15 <b>Pyramids- A</b></p> <p>10:45 <b>Rally Routine #3 SR</b></p> <p>11:30 <b>LUNCH (Captain's Mtg)</b></p> <p>1:00 <b>Optional Practice with Coach</b></p> <p>1:15 <b>Stunts A</b></p> <p>2:00 <b>Star Stunt Competition E</b></p> <p>2:15 <b>1-on-1 Coaching with Buddy</b></p> <p>2:45 <b>Workshop with Coach</b></p> <p>3:00 <b>Evaluation Rally Routine SR</b></p> <p>3:45 <b>T-Shirt Swap/Camp Picture AM</b></p> <p>4:00 <b>Spirit Sticks</b></p> <p>4:15 <b>Leadership AM</b></p> <p><b>DINNER &amp; FREE TIME Evening Off</b></p>	<p>8:30 <b>Coach Meeting #4</b></p> <p><b>All American Warm Up</b></p> <p>8:45 <b>All American Tryout</b></p> <p>9:15 <b>Game Day Warm Up</b></p> <p>9:30 <b>Game Day Competition CL</b></p> <p>10:00 <b>Rally Routine Warm Up</b></p> <p>10:15 <b>Rally Routine Competition SR</b></p> <p>10:30 <b>Band Chant Showcase SR</b></p> <p>11:00 <b>Mascot Perf. (where applicable)</b></p> <p>11:15 <b>Meet the NCA Leadership Staff</b></p> <p>11:30 <b>Coaches Recognition</b></p> <p>11:45 <b>Awards</b></p> <p>12:15 <b>Final Leadership AM</b></p> <p><b>SPECIALTY CLASS</b> Basketball / Volleyball Material Basket Builders / Cradles AA Workshop Practice with Coach</p> <p><b>NFHS Pillars</b> A – Athlete AM – Ambassador CL – Crowd Leader E – Entertainer SR – Spirit Raiser</p>

