



2025 NCA Leadership Overnight 4 Day



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

