



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 - L	8:00	Leadership - L		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 - L
	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 - L	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 – L		Sideline Dances
7:30	T-Shirt Swap/Camp Picture - AM	3:50	Band Chant #2 - SR		Senior Meeting		AA Workshop
7:45	Pep Rally - SR	4:10	Leadership - L		DINNER		<u>NFHS Pillars</u>
	Spirit Sticks		DINNER	6:15	Optional Practice with Coach		A – Athlete
		6:15	Optional Practice with Coach	6:30	Star Stunt Competition - E		AM – Ambassador
		6:30	Star Jumper / Tumbler - E	7:00	1-on-1 Coaching /		CL – Crowd Leader
		7:00	Workshop / Evaluation		Rally Routine Run Through - SR		E – Entertainer
		8:00	Game Day Chant & Cheer - CL		Game Day Run Through - CL		SR – Spirit Raiser
		8:15	Spirit Sticks	8:00	Coaches Recognition		L – Leadership
			Leadership – L	8:15	Spirit Sticks		
			Wear Your Fun Day Attire Tomorrow!		Leadership - L		

