



# 2025 CHRISTIAN Overnight 4 Day

Powered by NCA

DAY 1		DAY 2		FUN DAY		DAY 4	
<b>9AM – 12PM REGISTRATION</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>	
1:00	Opening Rally & Prayer	7:55	Buddy Meet Up	7:55	Buddy Meet Up	8:30	Coach Meeting #4
1:15	Buddy Time / Squad Tradition	8:00	Christian Leadership – <b>L</b>	8:00	Christian Leadership - <b>L</b>		All American Warm Up
1:30	Camp Cheer <b>CL</b>	8:30	Demo Band Chant <b>CL</b>	8:30	AA Demo / Pom Demo / Sidelines	8:45	All American Tryout
	*Coach Meeting #1		Cheerobics - <b>A</b>	8:40	Cheerobics - <b>A</b>	9:30	Final Day Competition Warm Up
1:45	Game Day Cheer <b>CL</b>		*Coach Meeting #2		*Coach Meeting #3	9:50	Game Day Competition - <b>CL</b>
2:15	Rally Dance - <b>E</b>	8:45	Jump Class - <b>A</b>	8:50	Jump Builders - <b>A</b>	10:10	Rally Routine Competition - <b>SR</b>
2:45	Chants (3)	9:15	Band Chant <b>CL</b>	9:15	Specialty Class #2	10:30	Band Chant Showcase - <b>SR</b>
3:00	1-on-1 Chants – <b>CL</b>	9:45	Band Chant 1-on-1 <b>CL</b>	10:00	Pyramids - <b>A</b>	11:00	Mascot Perf. (where applicable)
3:15	Stunt SAFE - <b>A</b>	10:00	Stunts - <b>A</b>	10:30	Rally Routine #3 - <b>E</b>	11:15	Meet the NCA Leadership Staff
	Skill Drills - <b>A</b>	11:00	Material Review	11:30	All American Sign Up	11:30	Awards
	Stunt Foundations – <b>A</b>	11:15	<b>LUNCH (Captain's Mtg.)</b>		<b>LUNCH</b>	12:00	Final Christian Leadership - <b>L</b>
	Skill Check – <b>A</b>		Coach Q & A				Closing Prayer
4:15	Material Review – <b>CL</b>	12:45	Optional Practice with Coach	12:45	Optional Practice with Coach		Tally Ho! <b>#GoBeGreat</b>
4:30	Christian Leadership - <b>L</b>	1:00	Rally Routine #2 - <b>SR</b>	1:00	Stunts- <b>A</b>		
	<b>DINNER</b>	1:45	Demo Hip Hop	2:00	1-on-1 Coaching – Group A		<b>SPECIALTY CLASS #1</b>
		1:50	Specialty Class #1 <b>E</b>	2:30	1-on-1 Coaching – Group B		Hip Hop
6:30	Game Day Class Stations <b>CL</b>	2:35	1-on-1 Coaching – Group A	3:00	Workshop / Evaluation		Basket Builders / Cradles
7:10	Game Day Cheer Demo <b>CL</b>	3:05	1-on-1 Coaching – Group B		Game Day Chant & Cheer - <b>CL</b>		Pom
7:15	1-on-1 Game Day Chant/Cheer	3:35	Material Review	4:00	Christian Leadership – <b>L</b>		
7:30	T-Shirt Swap/Camp Picture - <b>AM</b>	3:50	Band Chant #2 - <b>SR</b>		Senior Meeting		<b>SPECIALTY CLASS #2</b>
7:45	Pep Rally - <b>SR</b>	4:10	Christian Leadership - <b>L</b>		<b>DINNER</b>		Chants & Game Day Cheer
	Spirit Sticks		<b>DINNER</b>	6:15	Optional Practice with Coach		Sideline Dances
	Worship	6:15	Optional Practice with Coach	6:30	Star Stunt Competition - <b>E</b>		AA Workshop
		6:30	Star Jumper / Tumbler – <b>E</b>	7:00	Band Chant Review - <b>SR</b>		
		7:00	Workshop / Evaluation	7:15	1-on-1 Coaching		<b>NFHS Pillars</b>
		7:00	Game Day Chant & Cheer - <b>CL</b>	7:45	Rally Routine Run Through - <b>SR</b>		<b>A – Athlete</b>
		8:00	Spirit Sticks		Game Day Run Through - <b>CL</b>		<b>L – Leadership</b>
		8:15	Devotional / Worship – <b>L</b>	8:15	Coaches Recognition		<b>AM – Ambassador</b>
			<b>Wear Your Fun Day Attire Tomorrow!</b>		Spirit Sticks		<b>E – Entertainer</b>
					Devotional / Worship - <b>L</b>		<b>CL – Crowd Leader</b>
							<b>SR – Spirit Raiser</b>