



COLLEGE DAY CAMP



2025

Time	Class	Notes
8:30 PM	Camp Registration and Check In	
10:00 PM	Opening & Warm Up	Meet your NCA Staff!!
10:15 PM	Cheers and Chants	Great Game Cheer & Chant material to launch your season
11:00 PM	Partner Stunt Class	
12:15 AM	Lunch	
1:45 AM	Basket Tosses and Girls Dance	
2:45 AM	Pyramid Class	
4:00 AM	Custom Coaching	
5:00 AM	GDIT or Rally Routine	Choice of Band Chant incorp or Rally Routine creation
6:00 AM	Awards	

DAY 1

Time	Class	Notes
8:30 AM	Coaches Skill Drills & Primetime Sign-up	
9:00 AM	Warm-up & Coaches Camp Assessment	Fun warm up to get the body moving and ready to go
9:15 AM	Partner Stunt Class	Perfecting stunt foundational skills, and learn new techniques
10:45 AM	NCA Primetime	Your time to work with staff on anything you want to focus on
12:00 PM	Lunch	
1:30 PM	Pyramids	
2:30 PM	Custom Coaching	
3:00 PM	Warm-up & Coaches Camp Assessment	
3:30 PM	Crowd Segment Run Off	Team from each division competes for Crowd Segment Title
4:00 PM	Awards	

DAY 2