



COLLEGE OVERNIGHT



2025

DAY 1

Time	Class	Notes
1:00 PM	Opening Session	Meet your NCA Staff!!
1:15 PM	GDIT	Band chant material to help bring your entire Spirit Group together
1:45 PM	Game Day Cheers and Chants	Great Game Cheer and a Chant material to launch you into the new season
2:30 PM	Partner Stunt Class	
3:45 PM	Pyramid Class	
5:00 PM	A- Dinner	
5:30 PM	B- Dinner	
6:00 PM	Coaches' Session- College Nationals	
7:15 PM	Rally Routine	Learn the motion segment, and begin preparing rally routine
7:45 PM	Custom Coaching	Personal instruction time with your NCA Buddy Instructor
8:45 PM	Mascots/Awards	Showtime with the NCA Mascot campers and Spirit Sticks

DAY 2

Time	Class	Notes
8:30 AM	Coaches Skill Drills & Primetime Sign-up	Coaches meeting for tips and insights from Staff
9:00 AM	Warm-up	Camp Starts
9:30 AM	Material Review	Review Cheers & Chants, GDIT Motions and Rally Motions with Staff
9:45 AM	Partner Stunt Class	
11:00 AM	NCA Primetime/All American Sign-up	
12:00 PM	A-Custom Coaching	
12:00 PM	B- LUNCH	
12:30 PM	A- LUNCH	
1:00 PM	Coaches' Session- Camp Assessment	
2:00 PM	B-Custom Coaching	
2:30 PM	Baskets/Girls Dance	
3:30 PM	Pyramids	
4:30 PM	All American Tryouts	
5:00 PM	B- Dinner	
5:00 PM	A- Practice	Optional practice time if needed
5:30 PM	A- Dinner	
6:30 PM	B- Practice	Optional practice time if needed
7:00 PM	A&B Evaluation Prep	
7:30 PM	Crowd Segment Evaluation	
8:00 PM	Top Gun Stunts	
8:30 PM	Awards	

DAY 3

Time	Class	Notes
8:30 AM	Coaches Meeting	
9:00 AM	Warm Up and Practice time	Teams get ready to go for the final day of camp
9:30 AM	Rally Routine Evaluation	Eval on your Rally routine. You get 2 chances if you choose
10:00 AM	Gameday Final Evaluation	Final eval on your gameday material. You get one opportunity
10:30 AM	Evaluation Ribbons and Practice	Receive your evaluation and critique from NCA Staff
10:45 AM	Rally Routine Competition	Compete to see you has the best Rally Routine in your division
11:00 AM	Crowd Segment Run Off	One team from each division competes for Crowd Segment Title
11:15 AM	Mascots	Final performance from your NCA Mascots
11:30 AM	Final Awards	Optional practice time if needed