



# NCA College 2 Day Commuter



## DAY 1

8:30 – 9:30am

**Camp Registration & Check-in**

10:00 Opening & Warm-up

10:15 Game Day Cheers & Chants

**Coaches Safety & Liability  
Certification**

11:00 Partner Stunt Class

12:15 Lunch

1:45 Basket Toss Class &  
Girls Dance

2:45 Pyramid Class

4:00 Custom Coaching –  
Game Day

5:00 Safety Awareness Test

5:30 “Team NCA”

6:30 Awards

## DAY 2

9:00 Warm-up

NCA Primetime Sign-up

**Coaches Meeting –  
College Nationals**

9:15 Partner Stunts

10:45 Pyramid Class

12:15 Lunch

1:45 NCA Primetime w/Staff

2:45 Custom Coaching –  
Game Day

3:15 Game Day Evaluation

3:30 Game Day Run-Off

4:00 Awards/Closing

# Have a Safe and Successful Season!