



NCA College 4 Day



DAY 1

NO CLASSES

2:00 – 5:00 pm Registration

9:00 – 11:00pm Camp Reception & Party

DAY 2

9:00 Opening

9:30 Game Day Cheers and Chants

Coaches Meeting

10:00 Game Day Custom Coaching

10:30 Partner Stunt Class

11:30 Rally Routine Choreography
NCA Primetime Sign-up

12:00 A – Lunch – Practice Game Day
B – Custom Coaching

12:30 B – Lunch – Practice Game Day

2:00 **Coaches Session –
College Nationals**

2:30 A – Custom Coaching

3:00 Basket Tosses/Girls Dance

4:00 Pyramid Class

5:00 A – Dinner – Practice Rally Routine
B – NCA Primetime

5:30 B – Dinner – Practice Rally Routine

7:00 A – NCA Primetime

7:30 “Team NCA”/Safety Awareness

8:00 Mascot/Awards

DAY 3

8:00 **Coaches AACCA Training Session**

9:00 Warm-up/NCA Primetime Sign-up

9:15 Pyramid Class

10:30 Basket Toss/Girls Dance
Top Gun Sign-up

11:15 Top Gun Stunts

11:30 A – Custom Coaching
B – Lunch

12:00 A – Lunch

DAY 3 – cont.

1:00 **Coaches AACCA Training Session**

2:00 NCA Primetime &
All-American Sign-up

3:00 Partner Stunt Class

4:00 All-American Tryouts

4:30 A – Dinner

B – Custom Coaching

5:00 B – Dinner

6:00 **Coaches Safety &
Liability Certification**

7:00 Game Day Evaluation

7:30 “Team NCA”

8:00 Mascots/Awards with Dance

DAY 4

8:30 **Coaches Meeting**

9:00 Warm-up & Practice

9:30 Rally Routine Evaluation

10:00 Game Day Evaluation

10:30 Evaluation Ribbons/Practice

10:45 Rally Routine Competition

11:00 Game Day Run-off

*Winners of each division

11:15 Mascots

11:30 Awards/Closing

Have a Safe and Successful Season!