



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 Awareness & Liability Credentialing**
- 11:00 Partner Stunt Class
- 12:15 Lunch – Practice Game Day
- 1:45 Basket Toss Class & Girls Dance
- 2:45 Pyramid Class
- 4:00 Custom Coaching – Game Day
- 5:00 Rally Routine
- 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 – Practice Rally Routine
- 1:45 NCA Primetime w/Staff
- 2:45 Custom Coaching
- 3:15 Game Day Evaluation
- 3:30 Rally Routine Evaluation
- 3:45 Game Day Run-Off
- 4:00 Awards / Closing

Have a Safe and Successful Season!