



NCA College 3 Day



DAY 1

- 2:00 Opening
- 2:30 Game Day Cheers and Chants
- Coaches Meeting**
- 3:00 Custom Coaching on Game Day
- 3:30 Partner Stunt Class
- 4:30 Dinner – Practice Game Day
- 6:00 **Coaches Session –
College Nationals**
- 6:45 Rally Routine Choreography
- 7:15 Pyramid Class
- 8:30 Team NCA
- 9:00 Mascots / Awards

DAY 2

- 9:00 Warm-up/NCA Primetime Sign-up
- 9:15 Pyramid Class
- 10:30 Basket Toss Class / Girl's Dance
- 11:30 A – Custom Coaching
B – Lunch – Practice Rally Routine
- 12:00 A – Lunch – Practice Rally Routine
- 1:00 **Coaches Safety Awareness &
Liability Credentialing**
- 2:00 NCA Primetime &
All-American Sign Up
- 3:00 Partner Stunt Class &
- 4:00 All-American Tryouts

DAY 2 – Continued

- 4:30 B – Custom Coaching
A – Dinner – Practice Game Day
- 5:00 B – Dinner – Practice Game Day
- 7:00 Game Day Evaluation &
Top Gun Stunt Sign-ups
- 7:30 Top Gun Stunts
- 8:00 Team NCA
- 8:30 Mascots / Awards

DAY 3

- 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
- 11:15 Mascots
- 11:30 Awards / Closing

Have a Safe and Successful Season!