



NCA College 4 Day



DAY 1

- 2:00 – 5:00 pm Registration
- 7:00 – 7:30 pm Opening Rally /
Buddy Assignments
- 9:00 – 11:00pm Camp Reception & Party

DAY 2

- 9:00 Game Day Cheers and Chants
Coaches Meeting
- 9:30 Game Day Custom Coaching
- 10:00 Partner Stunt Class
- 11:15 Rally Routine Choreography
NCA Primetime Sign-up
- 11:45 A – Lunch – Practice Game Day
B – Custom Coaching
- 12:15 B – Lunch – Practice Game Day
- 1:45 **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
- 8:00 Mascots / Awards

DAY 3

- 9:00 Warm-up/NCA Primetime Sign-up
- 9:15 Pyramid Class
- 10:45 NCA Primetime &
- 11:30 A – Custom Coaching
B – Lunch
- 12:00 A – Lunch

DAY 3 – cont.

- 3:00 Partner Stunt Class &
All American Sign-up
- 4:15 All-American Tryouts
- 4:45 A – Dinner
B – Custom Coaching
- 5:15 B – Dinner
- 6:15 **Coaches Safety Awareness &
Liability Credentialing**
- 7:00 Game Day Evaluation &
Top Gun Stunt Sign-ups
- 7:30 Top Gun Stunts
- 8:00 Team NCA
- 8:30 Mascots / Awards

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!