



# 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**
- 6:30 Rally Routine Choreography
- 7:15 Pyramid Class
- 8:15 Mascot/Awards
- 8:30 “Team NCA”/Safety Awareness

## DAY 2

- 8:00 **Coaches AACCA Training Session**
- 9:00 Warm-up/NCA Primetime Sign-up
- 9:15 Pyramid Class
- 10:15 Basket Toss Class  
Top Gun Sign-up
- 11:15 Top Gun Stunts
- 11:30 A – Custom Coaching  
B – Lunch
- 12:00 A – Lunch
- 1:00 **Coaches Meeting –  
AACCA Training**
- 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
- 6:00 **Coaches Safety &  
Liability Certification**
- 7:00 Game Day Evaluation
- 7:30 “Team NCA”
- 8:00 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!**