



# 2017 SUMMER CAMP





# UP

Since 1976, NDA has been on an upward journey of lifting athletes up. Over the years, we've perfected the art of helping teams grow on and off the dance floor.

NDA Camp gives your team the personalized programs and instruction necessary to move up from where you are to where you want to be.



# MOVE UP

**NDA will get you moving with 50+ routines to choose from.** We offer many styles including jazz, hip hop, pom, kick, and lyrical contemporary.

And with our specialty technique classes, you'll refine your skills and move closer to mastery with every exercise. Specialty classes include: Lifts & Partnering, Flexibility, Turns, Leaps & Jumps, and more.



# LEVEL UP

**Take your team to the next level with our exclusive Team Dance program.** Your team will learn one dance with a range of four different styles: jazz, pom, hip hop, and kick. Then, we'll help you perfect your routine so your team leaves polished and ready to perform.

Whatever your team's size or skill level, NDA has you covered. We offer Beginner/Intermediate, Intermediate/Advanced and Elite level routines. Individuals can attend the routine classes best suited for them.



# TEAM UP

**The team is the heart of every camp.** Here, your team will learn, grow, and bond together. We've got plenty of scheduled Team Time activities to help bring your team closer and lay the foundation for your new dance family.

Your team will also learn the principles of leading and supporting their team, school, and community. At camp, we don't just make great athletes; we make great people.



# LIFT UP

**At NDA Camp, you'll be learning from the best instructors out there.** Our uplifting and supportive staff will elevate your team to new heights.

Each individual team will also have a dedicated NDA Staff member as a Buddy Instructor who will provide hours of one-on-one time with the sole focus of lifting your team up.



# BUILD UP

**Coaches are the foundation on which every team is built.** That's why NDA Camps provide coaches with a place to learn, grow, connect, and discover new opportunities for themselves and their teams. At camp, coaches receive the most up-to-date training to help elevate their team throughout the year.

# DRESS UP

At NDA Camp, every day is full of fun, but Fun Day is always a crowd favorite. Fun Day is a chance for teams to dress up, let loose, and let their spirit shine through! This year, it's up to your team to show their creativity and decide what to wear!

## Some ideas:

- ▷ Let your Seniors choose the theme.
- ▷ Choose a holiday theme that you could repurpose later in the year.
- ▷ Planning a Pink-Out for October? Get your pink apparel early and wear it at camp.
- ▷ Get creative, but don't stress – just have FUN!



# START UP

## Request Your Digital Tryout Kit Today.

We have the tools to help you select your team and start up the new season. Our comprehensive Tryout Kit includes everything you need to host a well-organized, successful tryout.

### In your Tryout Kit you will find:

- ▷ Jazz Tryout Routine - Beginner and Intermediate/Advanced
- ▷ Hip Hop Tryout Routine - Beginner and Intermediate/Advanced
- ▷ Pom Tryout Routine - Beginner and Intermediate/Advanced
- ▷ Tryout Checklist
- ▷ Score Sheet
- ▷ Team Constitution
- ▷ Parent Letter
- ▷ And more!

Download all forms, videos, and audio files by visiting [nda.varsity.com/TryoutKitRequest](http://nda.varsity.com/TryoutKitRequest)



# SIGN UP

No two teams are the same, so we have camps of all kinds. Explore all our camp types at [NDAcamp.com](http://NDAcamp.com). Learn about our programs, view schedules, and compare curriculum offerings between all our camps. Our exploration tool brings the camp experience to life so you can choose the perfect camp for your team.

Ready to go up? Sign up at [NDAcamp.com](http://NDAcamp.com)



Check out our 2017  
Summer Camp  
Listings included  
with this brochure.