2017 HOTEL CAMP

Sample Schedule

DAY 1

9:00 am - 12:00 pm	*Registration*
12:15 pm	UDA Routine Sneack Peak (Coaches & Captains Only)
1:00 pm	UDA Camp Kick Off
1:30 pm	Warm Up
2:00 pm	"A" Routine
3:45 pm	Team Leader
4:00 pm	Optional Home Routine Walk Through
4:45 pm	Dinner
6:30 pm	Home Routine Evaluations
7:15pm	*Drill Downs*
7:30 pm	Team Leader/ Teambuilding
7:45 pm	Announcements
8:00 pm	UDA Sneak Peel for Day 2 (Coaches & Captains Only)

DAY 2

	Breakfast
8:00 am	All American Meeting
8:30 am	Warm Up
9:00 am	"A" Routine Review
9:45 am	"B" Routine
11:30 am	Lunch
1:30 pm	Team Technique Class 1
2:40 pm	"C" Routine
3:50 pm	Cool Down
4:00 pm	#squadgoals
4:30 pm	Dinner
6:30 pm	Elective Skills Station
7:30 pm	Drill Downs
7:45 pm	Teambuilding/Team Leader
8:15 pm	Announcements/Optional Open Practice

DAY 3

	Breakfast
8:00 am	All American Meeting
8:30 am	Warm Up
9:00 am	"A" Routine Review
9:30 am	"B" Routine Review
10:30 am	"C" Routine Review
11:00 am	*Drill Downs*
11:15 pm	Mock Evaluations
11:30am	Lunch
1:30 pm	All American Evaluations
2:15 pm	"A" Routine Evaluations
3:15 pm	Gatorade Break/Open Practice
3:30 pm	Team Technique Class 2
4:45 pm	Dinner
6:30 pm	Crazy Night!
7:45 pm	Team Leader/Teambuilding
8:15 pm	UDA All American Selection Announcements
8:30 pm	Optional 30 Minute Open Practice

DAY 4

	Breakfast
8:30 am	Warm Up
9:00 am	Quick Review of "B" and "C" Routines
9:30 am	"B" and "C" Routine Evaluations
10:45 am	Break
11:00 am	Final Drill Down
11:30 am	Final Awards