



HOTEL CAMP

Day 1

| TIME | CLASS | LOCATION |
|---------|---|----------|
| 9:00am | Registration | |
| 12:15pm | UDA Routine Sneak Peek <i>(Coaches and Captains Only)</i> | |
| 1:00pm | UDA Camp Kick Off | |
| 1:30pm | Warm Up | |
| 2:00pm | "Performance" Routine | |
| 3:45pm | Optional Home Routine Walk Through | |
| 4:45pm | Dinner Break | |
| 6:30pm | Home Routine Evaluations | |
| 7:15pm | Drill Downs | |
| 7:30pm | Team Leader / Team Building | |
| 7:50pm | Announcements | |
| 8:00pm | UDA Sneak Peek for Day 2 <i>(Coaches and Captains Only)</i> | |

Day 2

| TIME | CLASS | LOCATION |
|---------|---|----------|
| 7:00am | Breakfast | |
| 8:00am | All American Meeting | |
| 8:30am | Warm Up | |
| 9:00am | "Performance" Routine Review | |
| 9:45am | "A" Routine | |
| 11:30am | Lunch | |
| 1:15pm | #squadgoals | |
| 1:45pm | Team Technique Class 1/open practice | |
| 2:10pm | Rotate Groups | |
| 2:55pm | "B" Routine | |
| 4:40pm | Cool Down | |
| 4:45pm | Dinner Break | |
| 6:15pm | Elective Skill Stations | |
| 7:15pm | "Performance" Routine Open Practice | |
| 7:45pm | Drill Downs | |
| 8:00pm | Team Building/Team Leader | |
| 8:20pm | Announcements/Optional Open Practice w/ coach | |

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HOTEL CAMP

Day 3

| TIME | CLASS | LOCATION |
|---------|--|----------|
| 7:00am | Breakfast | |
| 8:00am | All American Meeting | |
| 8:30am | Warm up | |
| 9:00am | "A" Routine Review | |
| 9:45am | "B" Routine Review | |
| 10:30am | "Performance" Routine Private Coaching | |
| 11:00am | Drill Downs | |
| 11:15am | Mock Evaluations | |
| 11:30am | Lunch | |
| 1:30pm | All American Evaluations | |
| 2:15pm | "Performance" Routine Evaluations | |
| 3:15pm | Gatorade Break/Open Practice | |
| 3:30pm | Team Technique Class 2/open practice | |
| 4:10pm | Rotate Groups | |
| 4:40pm | Dinner Break | |
| 6:30pm | Team Turnt Up! (formerly called Crazy Night) | |
| 7:30pm | Team Leader/Team Building | |
| 8:00pm | UDA All American Selection Announcements | |
| 8:15pm | Optional 30 Minute Open Practice w/coach | |

Day 4

| TIME | CLASS | LOCATION |
|---------|--------------------------------------|----------|
| 7:00am | Breakfast | |
| 8:30am | Warm Up | |
| 9:00am | Quick Review of "A" and "B" Routines | |
| 9:30am | "A" and "B" Routine Evaluations | |
| 10:45am | Break | |
| 11:00am | Final Drill Downs | |
| 11:30am | Final Awards | |

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Coaches Meetings

| TIME | MEETING | LOCATION |
|---|---|----------|
| <u>Day 1</u> 1:30pm | Opening Coaches Meeting Camp Schedule/Overview | |
| <u>Day 2</u> 8:30am 9:00am | Quick Update Coaches Meeting Coaches Class | |
| <u>Day 3</u> 8:45am 9:00am | Quick Update Coaches Meeting Coaches Class | |



A VARSITY SPIRIT BRAND

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Routine List

| STYLE/LEVEL | ROUTINE NAME | INSTRUCTOR |
|-------------|--------------|------------|
|-------------|--------------|------------|

“Performance” Routines:

“A” Routines:

“B” Routines:

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