



RESORT 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	
4:00pm	Optional Home Routine Walk Through	
4:45pm	Dinner Break	
6:30pm	Home Routine Evaluations	
7:15pm	Drill Downs	
7:30pm	Team Leader / Team Building	
7:45pm	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	
9:30am	"A" Routine	
11:15am	Drill Downs	
11:30am	#squadgoals	
12:00am	Lunch	
1:30pm	Team Technique Class/Open Practice	
2:20pm	Rotate Groups	
3:15pm	"B" Routine/Showcase	
5:00pm	Dinner Break	
6:30pm	Elective Skills Stations	
7:30pm	Performance Routine Open Practice	
8:00pm	Cool Down	
8:10pm	Team Leader/Team Building	
8:40pm	Announcements/Optional Open Practice w/coach	

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RESORT CAMP

Day 3

TIME	CLASS	LOCATION
7:00am	Breakfast	
8:00am	All American Meeting	
8:30am	Warm Up	
9:00am	Performance Routine Private Coaching	
9:45am	"A" Routine Review	
10:15am	Drill Downs	
10:30am	Mock Evaluations/Gatorade Break	
10:45am	All American Evaluations	
11:15am	Team Leader/Team Building	
11:45am	Announcements	
11:50am	Lunch	

AFTERNOON FREE FOR RESORT ACTIVITIES!

5:00pm	Dinner
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Day 4

TIME	CLASS	LOCATION
7:00am	Breakfast	
8:30am	Warm Up	
9:00am	Quick Review of "Performance" and "A" Routines	
9:30am	"Performance" and "A" Routine Evaluations	
10:45am	Break	
11:00am	Final Drill Down	
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
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“A” Routine:

“B” Routine:

Performance Routine:

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