



TRADITIONAL OVERNIGHT 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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TRADITIONAL OVERNIGHT 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
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“Performance” Routines:

“A” Routines:

“B” Routines:

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