

NDA State Directors Overnight FAQ Cheat Sheet

Q: What is the theme for 2019?

A: The theme for 2019 is “STRONGER TOGETHER”. In 2019, we are focusing on the team concept of STRONGER TOGETHER! Here at NDA we strive to build up athletes not only in their technical abilities, but also as kind and team driven human beings. Being stronger together allows us to communicate, appreciate and trust our teammates.

Q: What is the coaches’ professional development for 2019?

A: We will be diving deeper into Coaching Generation Z in the 2019 Coaches’ Professional Development. Coaches will have the opportunity to utilize the many resources NDA offers to help them succeed throughout their season. The head instructor will explain Game Day resources, Technique tips, and Coaches Credentialing (opportunity for CEU credits). They will also lead the coaches in a Swap Shop to discuss common questions, concerns and suggestions with all coaches.

Q: Why should I attend coaches meetings?

A: NDA offers a Coaches’ Professional Development program that allows new and old coaches to discuss the best practices of being a coach! You, as a coach, can also get NFHS certified and earn CEU credits for attending these sessions.

Q: Why is the warm up so important?

A: The NDA Warm up is a cardio warm up mixed with static and dynamic stretching! It is in the dancers’ best interest to properly warm up their bodies before a long day of dancing. NDA also includes a cool down and recovery stretch at the end of the day to make sure the dancers bodies are being rehabilitated after the extensive work done during camp.

Q: How can I qualify for Nationals?

A: At camp, you can qualify for nationals when being evaluated on Home Routine or Team Dance. Home Routine is a routine learned prior to camp and competed on the first night of camp. Team Dance evaluation is performed on the last day of camp by full team, and will be evaluated on the progress and performance of Team Dance routine.

Q: What is Team Dance / Style Routines?

A: NDA is proud to offer Team Dance, this is a routine learned by an entire team which incorporates all styles; jazz, pom, hip hop, and kick. Teams will be evaluated on Team Dance at the end of camp. Style routines are made up of routines focusing on specific style such as jazz, pom, hip hop, contemporary, and kick. They are also broken up by level such as Level 1, 1/2, 2, 2/3, 3, or Elite. Style Routines are evaluated individually on the third night of camp.

Q: When can friends and family come watch?

A: Friends and family are more than welcome to come cheer their team on during Home Routine evaluations, individual evaluations, Team Dance evaluations, and All-American auditions. Home Routine evaluations take place on the first night of camp after dinner. Depending on camp type, All-American audition and individual evaluations take place on the third night of camp after dinner. Team dance and Team Leader evaluations usually take place on the last day of camp. Be sure to check nda.Varsity.com for your camp type schedule.

Q: How many routines will we learn?

A: This will depend on the type of camp you attend and how many instructors are there. Most camps, teams will learn Team Dance on the first day of camp, which is learned as a team incorporating all styles. Then dancers will learn 3 style routines throughout camp. Each instructor at camp teaches 3 style routines. For example, if you have 5 staff members at camp, there will be 5 different style routines taught each session, giving your team a total of 15 style routines available to learn in addition to Team Dance.

Q: What technique classes will I get at camp?

A: At most camps three technique classes will be taught. There will be technique classes that benefit all levels including Beginner, Intermediate, Advanced and Elite. Dancers will get constructive feedback and learn drills to improve their technical skills. Specialty Technique Classes include options, such as: flexibility, lifts, turns, leaps/jumps, pom technique, kick technique, dance fundamentals and hip hop skills.

Q: What are the main program changes for 2019?

A: NDA has a new schedule layout that should help new coaches/parents understand each process at camp! We are implementing an improvisation session to allow the dancers to explore their own freestyle movement. We are going to be offering a Game Day specialty technique class that will explore the ins and outs of the Game Day processes as a dance team. We will now also be offering Collegiate routines of all styles that will be taught at college camps only!