



Dancers Rising In Line & Leadership

2019 CAMP SCHEDULE

Time	Class	Notes
9:00 AM	Opening Rally	Kick off by watching the staff perform!
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!
	<i>Coaches' Meeting</i>	
9:45 AM	Specialty Technique	Coaches inform dancers which session to attend
10:30 AM	Team Dance - Part 1	Learn routine as team incorporating all styles
12:00 PM	Cool Down	Stretch and cool down body before afternoon break
12:05 PM	Meet your Buddy	Rely on your buddy throughout camp for any questions!
12:15 PM	Team Time	Team Building before afternoon break
12:30 PM	LUNCH	
2:00 PM	Home Routine Evaluations (opt.)	Optional performance of routine learned prior to camp
2:30 PM	Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!
3:30 PM	Top Gun - Kicks; Leaps & Jumps	Individual competition highlighting technical skills
4:15 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
4:25 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!
4:40 PM	Team Time	End the day with Team Building
5:00 PM	Closing	Team Leaders/ Coaches meet with Staff
	Team Leader/Coaches Reception	

DAY 1

Time	Class	Notes
8:15 AM	Leaders-In-Training	Leadership Class for Team Leaders
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!
	<i>Coaches' Meeting</i>	
9:30 AM	Specialty Technique	Coaches suggest to dancers which session to attend
10:00 AM	Team Dance Review	Review group routine learned yesterday
10:30 AM	Style Routines - Class 1	Coaches inform dancers which routine to attend
12:00 PM	Custom Coaching - Group A	Group B - Practice Time
12:30 PM	LUNCH	
1:30 PM	Custom Coaching - Group B	Group A - Practice Time
2:00 PM	Style Routines - Class 2	Coaches suggest to dancers which routine to attend
	<i>Coaches' Professional Development: Coaching Generation Z</i>	
3:30 PM	Top Gun - Turns; Hip Hop	Individual competition highlighting technique & style
4:15 PM	Style Routine Review - Class 1	Review routine with instructor
4:45 PM	Recovery Stretch / Improv Session	Take time to release with freestyle movement
4:55 PM	Style Routine Demos - Class 3	Watch staff perform routines that will be taught tomorrow
5:05 PM	Team Time	Team building to end FUNNER day
5:15 PM	Awards	Spirit Sticks & nightly awards
5:30 PM	Closing	

FUNNER DAY



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Time	Class	Notes
8:15 AM	Leaders-In-Training	Leadership Class for Team Leaders
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!
	<i>Coaches' Professional Development: Game Day</i>	
9:30 AM	Style Routine - Class 3	Coaches inform dancers which routine to attend
11:00 AM	Class 3 Showcase	Perform the routine you learned for the camp!
11:15 AM	Specialty Technique	Coaches inform dancers which session to attend
11:45 AM	NDA Prime Time - Group B	Group A - Practice Time
12:30 PM	LUNCH	
1:30 PM	NDA Prime Time - Group A	Group B - Practice Time
2:15 PM	Style Routine Review - Class 1	Final review with instructor before individual evaluations
	<i>Coaches' Professional Development: Swap Shop</i>	
2:35 PM	Style Routine Review - Class 2	Final review with instructor before individual evaluations
2:55 PM	Evaluation Explanation	Final review of Team routine
3:40 PM	Evaluations:	Perform and receive feedback on routines learned at camp
	Style Routines - Class 1 & 2	
	Team Leader Circle of Winners	
	Team Dance Circle of Winners	
	All-American Auditions	
5:10 PM	Final Awards	
5:40 PM	Closing	THANKS FOR COMING TO CAMP!

DAY 3