



COLLEGE HOME CAMP - 2 DAY

2019 CAMP SCHEDULE

Time	Class	Notes
11:30 AM	NDA Staff Meets with Coach	
12:00 PM	Introductions	Rely on buddy throughout camp with any questions
12:15 PM	Warm Up	Cardio mixed with static & dynamic stretching
12:45 PM	Specialty Technique	Class focusing on technical skills chosen by coach
1:15 PM	Pro Team Dance	Learn routine as team that incorporates all styles
3:00 PM	Cool Down	Stretch and cool down body before afternoon break
3:05 PM	Team Time	Team Building
3:15 PM	AFTERNOON BREAK	
3:45 PM	Pro Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!
5:15 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance
6:00 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
6:10 PM	Team Time	End the day with Team Building
6:30 PM	Closing	

DAY 1

Time	Class	Notes
8:00 AM	Team Time	Start your day off with Team Building
8:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!
8:45 AM	Specialty Technique	Class focusing on technical skills chosen by coach
9:15 AM	Style Routine - Class 1	Class focusing on specific style (jazz, hip hop, pom, etc.)
10:45 AM	Team Dance Review	Review team routine learned yesterday
11:15 AM	Cool Down	Stretch and cool down body before afternoon break
11:30 AM	LUNCH	
12:30 PM	Pro Team Dance Evaluation	Perform and receive feedback from buddy instructor
12:45 PM	Style Routine - Class 2	Class focusing on specific style (jazz, hip hop, pom, etc.)
2:15 PM	Review	Final review with instructor
2:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
3:00 PM	Closing	THANKS FOR COMING TO CAMP!

DAY 2

