

NDA Unleashed CONVENTION

2019 CAMP SCHEDULE

| Time | Class | Notes |
|----------------|---|--|
| 1:00 PM | Opening Rally | Kick off by watching the staff perform! |
| 1:15 PM | Warm Up | Cardio mixed with static & dynamic stretching! |
| | <i>Coaches Meeting</i> | |
| 1:45 PM | Specialty Technique | Coaches inform dancers which session to attend |
| 2:30 PM | Meet Your Buddy | Rely on your buddy throughout camp for any questions! |
| 2:45 PM | UNLEASHED MASTER CLASS w/ Jenny Durbin Smith & Crystal Ahlberg | |
| 4:00 PM | Master Class Showcase | Feel free to record routines! |
| 4:15 PM | Cool Down | Stretch and cool down body before afternoon break |
| 4:30 PM | DINNER | |
| 6:00 PM | Solo/Duo/Trio/Ensemble Competition | Optional performance of routine learned prior to camp |
| 6:45 PM | Style Routine Demos - Class 1&2 | Watch staff perform routines that will be taught tomorrow! |
| 7:00 PM | Style Routines - Class 1 | Coaches inform dancers which routine to attend |
| 8:05 PM | Recovery Stretch | Rehabilitate muscles after a long day of dancing |
| 8:15 PM | Team Time | End the day with Team Building |
| 8:30 PM | Closing | |

DAY 1

| Time | Class | Notes |
|-----------------|---|--|
| 8:15 AM | Warm Up | Cardio mixed with static & dynamic stretching! |
| 8:45 AM | Specialty Technique | Coaches inform dancers which session to attend |
| | <i>Coaches Professional Development: Coaching Generation Z</i> | |
| 9:30 AM | Style Routines - Class 2 | Coaches inform dancers which routine to attend |
| 11:30 AM | Class 2 Showase | Perform for camp! |
| 11:50 AM | Cool Down | Stretch and cool down body befor afternoon break |
| 11:55 AM | Team Time | Team bonding with buddy instructor |
| 12:15 PM | LUNCH | |
| 1:30 PM | UNLEASHED MASTER CLASS w/ Jenny Durbin Smith & Crystal Ahlberg | |
| 2:45 PM | Master Class Showcase | Feel free to record routines! |
| 3:00 PM | Top Gun - Kicks; Leaps & Jumps | Individual competition highlighting technical skills |
| 3:45 PM | Style Routines Review - Class 2 | Review routine w/ instructor |
| | <i>Coaches' Professional Development: Swap Shop</i> | |
| 4:30 PM | Cool Down | Stretch and cool down body befor afternoon break |
| 4:35 PM | DINNER | |
| 6:30 PM | Top Gun - Turns; Hip Hop | Individual competition highlighting technical skills |
| 7:15 PM | Style Routine Review - Class 1 | Review routine w/ instructor |
| 7:40 PM | Recovery Stretch / Improv Session | Release with freestyle movement |
| 7:50 PM | Team Time | Team building to close out Day 2 |
| 8:15 PM | Closing | |
| 8:30 PM | All-American Nominees Routine | |

DAY 2

NDA *Unleashed* CONVENTION

2019 CAMP SCHEDULE

| Time | Class | Notes |
|----------|-----------------------------------|--|
| 8:15 AM | Warm Up | Final warm up before evaluations |
| | <i>Coaches Meeting - Game Day</i> | |
| 8:35 AM | Specialty Technique | Coaches inform dancers which session to attend |
| 9:00 AM | Team Time | Meet with buddy one final time |
| 9:15 AM | Evaluations: | Perform for friends & family! |
| | <i>Style Routines - Class 1</i> | |
| | <i>All-American Audition</i> | |
| | <i>Class 2 Showcase</i> | |
| 11:30 AM | Final Awards/ Closing | THANKS FOR COMING TO CAMP! |

DAY 3