



# COLLEGE - DAY CAMP

2019 CAMP SCHEDULE

Time	Class	Notes
10:00 AM	Opening Session	
10:10 AM	Meet your Buddy	Rely on buddy throughout camp with any questions
10:30 AM	Warm Up	Cardio mixed with static & dynamic stretching
	<i>Coaches Meeting - Camp Info / Q&amp;A</i>	
11:00 AM	Game Day Practice Run	Class focusing on technical skills chosen by coach
11:10 AM	Game Day Run Off (optional)	Learn routine as team that incorporates all styles
11:25 AM	Team Dance - Part 1	Stretch and cool down body before afternoon break
12:30 PM	Team Technique - Group A	Practice Time - Group B
1:00 PM	<b>AFTERNOON BREAK</b>	
1:45 PM	Team Technique - Group B	Practice Time - Group A
2:15 PM	Team Dance - Part 2	Work with buddy instructor to clean Team Dance
4:00 PM	Custom Coaching - Group A	Practice Time - Group B
4:45 PM	Custom Coaching - Group B	Practice Time - Group A
5:30 PM	Sidelines - Pom	Learn sideline routine to prepare for Game Day!
5:50 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
5:55 PM	Team Time	End the day with Team Building
6:00 PM	Open Practice Time	

DAY 1

Time	Class	Notes
8:30 AM	Warm Up	Cardio exercises mixed with static & dynamic stretching!
	<i>Coaches Meeting - College Nationals</i>	
9:00 AM	Class 1	Option of Specialty Technique or Style Routine
9:45 AM	Class 2	Option of Specialty Technique or Style Routine
11:00 AM	Showcase Class 1 & 2 Routines	Perform the routines learned in Class 1 & 2
11:15 AM	Team Dance Review	Review team routine learned yesterday
11:45 AM	Prime Time - Group B	Practice Time - Group A
12:30 PM	<b>LUNCH</b>	
1:15 PM	Prime Time - Group A	Practice Time - Group B
2:00 PM	Sidelines - Jazz	Learn sideline routine to prepare for Game Day!
2:20 PM	Sidelines - Hip Hop	Learn sideline routine to prepare for Game Day!
2:40 PM	Open Practice Time	Prepare for Team Dance Evaluations - Great time to change
3:10 PM	Team Dance Evaluations (optional)	Receive feedback - opportunity to earn a bid to Nationals
3:40 PM	Final Sidelines Showcase	Showcase sideline routines for friends & family
4:00 PM	Final Awards - Closing with NCA!	THANKS FOR COMING TO CAMP!

DAY 2