



# COLLEGE HOME CAMP - 3 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
1:30 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	<b>AFTERNOON BREAK</b>	
3:45 PM	Pro Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!
5:00 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance
5:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
6:00 PM	Team Time	End the day with Team Building
6:30 PM	Closing	

DAY 1

Time	Class	Notes
9:00 AM	Team Time	Start your day off with Team Building
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!
9:45 AM	Specialty Technique	Class focusing on technical skills chosen by coach
10:15 AM	Style Routine - Class 1	Class focusing on specific style (jazz, hip hop, pom, etc.)
11:45 AM	Team Dance Review	Review team routine learned yesterday
12:20 PM	Cool Down	Stretch and cool down body before afternoon break
12:30 PM	<b>LUNCH</b>	
1:30 PM	Self Warm-Up	
1:45 PM	Style Routine - Class 2	Class focusing on specific style (jazz, hip hop, pom, etc.)
3:15 PM	Custom Coaching/Review	Final review with instructor
3:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
4:00 PM	Closing	THANKS FOR COMING TO CAMP!

DAY 2

Time	Class	Notes
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!
9:30 AM	Specialty Technique	Class focusing on technical skills chosen by coach
10:00 AM	Style Routine - Class 3	Class focusing on specific style (jazz, hip hop, pom, etc.)
11:30 AM	Style Routine Review	Class 1 & 2
12:25 PM	Cool Down	Stretch and cool down body before afternoon break
12:30 PM	<b>LUNCH</b>	
1:30 PM	Pro Team Dance Evaluation	Perform and receive feedback from buddy instructor
2:00 PM	Style Routine - Class 4	Class focusing on specific style (jazz, hip hop, pom, etc.)
3:30 PM	Custom Coaching Review	Final review with instructor
3:55 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
4:00 PM	Closing	THANKS FOR COMING TO CAMP!

DAY 3