



Dancers Rising In Line & Leadership

2019 CAMP SCHEDULE

HI: Cell #: *Schedule subject to Change

Time	Class	Notes
1:00 PM	Opening Rally	Kick off by watching the staff perform the team dances!
1:15 PM	Warm Up	Cardio mixed with static & dynamic stretching
	<i>Coaches Meeting</i>	
1:45 PM	Specialty Technique	DRILL - Coaches inform dancers which session to attend
2:30 PM	Team Dance Part 1	Routine learned by whole team w/ all styles incorporated
4:00 PM	Cool Down	Stretch and cool the body before breaking for dinner
4:05 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!
4:30 PM	DINNER	Dancers should change into home routine costume/uniform
6:15 PM	Home Routine Evaluations (opt.)	Teams receive feedback on a routine from home!
6:45 PM	Team Dance Part 2	Finish learning routine - opportunity to qualify for Nationals
7:45 PM	Style Routines Demos	DRILL - Preview the routines that will be offered tomorrow
8:00 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
8:10 PM	Team Time	Get to know your buddy instructor!
8:30 PM	Closing, Coaches Reception	Team Leaders & coaches meet with their buddy instructor

DAY 1

Time	Class	Notes
8:00 AM	Leadership Class	Leaders must attend class if participating in TL run off
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching
	<i>Coaches Meeting</i>	
9:15 AM	Specialty Technique	DRILL - Coaches inform dancers which session to attend
9:45 AM	Team Dance Review	Review routine as full camp
10:15 AM	Style Routines - Class I	DRILL - Coaches inform dancers which routine to attend
11:45 AM	Cool Down	Stretch and cool the body before heading to lunch
11:50 AM	Afternoon Break	Reach out to your buddies with any questions you have!
12:00 PM	LUNCH	
1:45 PM	Style Routines - Class II	DRILL - Coaches suggest to dancers which routine to attend
3:15 PM	Top Gun; kicks, leaps & jumps	Individual competition to highlight kicks, leaps, and jumps
3:45 PM	Team Time	Team building activities
4:00 PM	Custom Coaching Group A	Group B - practice time
4:30 PM	DINNER	
6:00 PM	Custom Coaching Group B	Group A - practice time
6:30 PM	Style Routine Review - Class I	A long review to help memory for style routines
	<i>Coaches' Professional Development: Coaching Generation Z</i>	
7:00 PM	Style Routine Review - Class II	A long review to help memory for style routines
7:30 PM	Top Gun; Turns	Individual competition highlighting turn technique
7:50 PM	Style Routine Demos - Class III	Preview routines for Class III tomorrow
8:00 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
8:10 PM	Nightly Awards/Team Time	Pin It Forward and certificates & spirit sticks
8:30 PM	Closing	

DAY 2



Dancers Rising In Line & Leadership

2019 CAMP SCHEDULE

Time	Class	Notes
8:00 AM	Leadership Class	Leaders must attend both classes if participating in run off
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching
<i>Coaches' Professional Development: Game Day</i>		
9:15 AM	Specialty Technique	DRILL - Coaches inform dancers which session to attend
9:45 AM	Style Routines - Class III	Coaches suggest to dancers which routine to attend
11:15 AM	Showcase Class III	Feel free to record the routines!
11:25 AM	Cool Down	Stretch and cool the body after an afternoon of dancing
12:10 PM	NDA Prime Time/Mock Evals "B"	Work with a different instructor to clean Team Dance
12:10 PM	LUNCH	
2:10 PM	NDA Prime Time/Mock Evals "A"	Work with a different instructor to clean Team Dance
2:55 PM	Top Gun; Hip hop	Individual competition to showcase hip-hop style
3:10 PM	Style Routine Review - Class I	Review session to help prepare for evaluations
<i>Coaches' Professional Development: Swap Shop</i>		
3:35 PM	Style Routine Review - Class II	Review session to help prepare for evaluations
4:00 PM	Cool Down	Stretch and cool the body after an afternoon of dancing
4:05 PM	Evaluation Explanation	Understanding the evaluation process
4:10 PM	Team Time	More team building to close out the afternoon
4:25 PM	Dinner	
6:25 PM	Evaluations	Style Routines Class I and II, All-American Audition
7:25 PM	NDA Dance Party!	Let loose evaluations are finished for the day!
8:10 PM	Recovery Stretch / Improv Session	Release with freestyle movement
8:15 PM	Night Awards/Team Time	Pin It Forward and certificates & spirit sticks
8:30 PM	Closing	

FUNNER DAY

Time	Class	Notes
8:30 AM	Team Time	Meet with your buddy for one final time
8:45 AM	Warm Up	Final warm up before evaluations
9:15 AM	Open Practice Time	Coaches this is a great time to fill out your survey!
9:45 AM	Evaluations	Performance of Team Dance and Team Leader run off
Team Leader Circle of Winners		
Team Dance Circle of Winners		
11:15 AM	Final Awards	Circle of Winners, All-American & Nationals Bids presented
11:45 AM	Camp Closing	THANKS FOR COMING TO CAMP!

DAY 4