



BEST OF NDA CLINIC - 1 DAY

2019 CAMP SCHEDULE

HI: Cell #: *Schedule Subject to Change

Time	Class	Notes
8:30 AM	Registration	Rely on buddy instructor with any questions
9:00 AM	Staff Introduction	Cardio mixed with static & dynamic stretching!
9:10 AM	Warm Up	Class focusing on technical elements chosen by coach
9:30 AM	Specialty Technique	Class focusing on technical elements chosen by coach
10:15 AM	BREAK	
10:30 AM	Specialty Technique	Stretch and cool down body before afternoon break
11:00 AM	Style Routine	Team Building
12:00 PM	Closing	THANK YOU FOR COMING!

DAY 1

Specialty Technique Workshops - Choose from categories focusing on one area such as turns, leaps & jumps, flexibility, lifts, hip hop skills, pom technique, kick technique & dance fundamentals; Attend where you want to improve the most! Categories may be further split according to level, dependent upon enrollment.

-Be sure dancers bring the correct footwear and accessories for each technique workshop so they're set up for success! (sneakers for hip hop, jazz shoes for turns, poms for pom technique, etc.)

-It's a great idea to video and take notes on technique drills you love so you can implement them in your own practices! Videoing will also allow the dancers to see the progress they've made throughout the day!

-Don't forget to have parents fill out & sign Release & Waiver Forms!

-Have dancers leave all jewelry at home!