



CLEANING CLINIC - 4 HR

2019 CAMP SCHEDULE

HI: Cell #: *Schedule Subject to Change

Time	Class	Notes
9:00 AM	Introductions	Rely on buddy instructor with any questions
9:05 AM	Warm Up	Cardio mixed with static & dynamic stretching!
9:30 AM	Show Routine	Perform routine for instructor
9:35 AM	Cleaning Session 1	Custom coaching to clean up routine
10:35 AM	Team Technique Drills	Class focusing on technical elements chosen by coach
11:00 AM	Cleaning Session 2	Custom coaching to clean up routine
11:45 AM	BREAK	
12:00 PM	Cleaning Session 3	Custom coaching to clean up routine
12:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
1:00 PM	Closing	THANK YOU FOR ATTENDING CLEANING CLINIC!

DAY 1

Wear the costume you plan on performing in, whether that is all black or something clean if your performance costume is not available yet. Wearing the actual performance costume can make a huge difference in the way a routine should be cleaned to best complement all aspects of the routine.

It's a great idea to **video each session** so the dancers can see the areas that still need more work, as well as the progress they've made throughout the day!

Invite family & friends to the **Final Run** to give the dancers practice in front of an audience!

Team Technique Drills - Customized by clinic according to requests; drill specific skills or elements that are performed by groups or the entire team during the routine.