



# TECHNIQUE CLINIC - 1 DAY

2019 CAMP SCHEDULE

HI: Cell #: \*Schedule Subject to Change

| Time     | Class                           | Notes   |
|----------|---------------------------------|---|
| 9:00 AM  | Introductions                   | Rely on buddy instructor with any questions               |
| 9:15 AM  | Warm Up                         | Cardio mixed with static & dynamic stretching!            |
| 9:45 AM  | Specialty Technique - Session 1 | Class focusing on technical elements chosen by coach      |
| 10:30 AM | Specialty Technique - Session 2 | Class focusing on technical elements chosen by coach      |
| 11:15 AM | Specialty Technique - Session 3 | Class focusing on technical elements chosen by coach      |
| 12:00 PM | Cool Down                       | Stretch and cool down body before afternoon break         |
| 12:05 PM | Team Time                       | Team Building   |
| 12:15 PM | <b>LUNCH</b>                    |   |
| 1:15 PM  | Warm Up                         | Quick cardio and stretch to warm muscles                  |
| 1:30 PM  | Specialty Technique - Session 4 | Class focusing on technical elements chosen by coach      |
| 2:15 PM  | Specialty Technique - Session 5 | Class focusing on technical elements chosen by coach      |
| 3:00 PM  | Specialty Technique - Session 6 | Class focusing on technical elements chosen by coach      |
| 3:45 PM  | Recovery Stretch                | Rehabilitate muscles after a long day of dancing          |
| 3:50 PM  | Team Time                       | End the day with team building with your buddy instructor |
| 4:00 PM  | Closing                         |   |

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!