



# HOME CAMP - 4 DAY

2020 CAMP SCHEDULE

Instructor:	Cell #:	*Schedule subject to Change
<b>Time</b>	<b>Class</b>	<b>Notes</b>
11:30 AM	NDA Staff Meets with Coach	
12:00 PM	Introductions	Meet your buddy!
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	Team Dance - Part 1	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>	Dancers should change into home routine costume/uniform
3:45 PM	Home Routine Evaluation (opt.)	Get evaluated on routine prepared prior to camp
4:00 PM	Team Dance - Part 2	Finish learning routine - opportunity to qualify for Nationals
5:30 PM	Custom Coaching/ Review	Work with buddy to clean team dance
6:00 PM	Improv Session	Release with freestyle movement
6:10 PM	Team Time	Finish the day with Team Building
	Closing	
<b>Time</b>	<b>Class</b>	<b>Notes</b>
9:00 AM	Team Time	Team Building to start the day off
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 Routines - Class 1	Learn routine focused on style (jazz, pom, hip hop, etc.)
11:45 AM	Team Dance Review	Review team routine learned yesterday
12:25 PM	Cool Down	Stretch and recover body before afternoon break
12:30 PM	<b>LUNCH</b>	
1:30 PM	Style Routine - Class 2	Learn routine focused on style (jazz, pom, hip hop, etc.)
3:00 PM	Custom Coaching/ Review	Work with buddy to clean Team Dance
3:40 PM	Improv Session	Release with freestyle movement
3:50 PM	Team Time	End the day with Team Building
4:00 PM	Closing	
<b>Time</b>	<b>Class</b>	<b>Notes</b>
9:00 AM	Team Time	Leaders must attend both classes if participating in run off
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!
9:45 AM	Specialty Technique	Class focusing on technical skills picked by coach
10:15 AM	Style Routine - Class 3	Learn routine focused on style (jazz, pom, hip hop, etc.)
11:45 AM	Team Dance Review	Review team dance - opportunity to earn bid to Nationals!
12:25 PM	Cool Down	Stretch and recover body before afternoon break
12:30 PM	<b>LUNCH</b>	
1:30 PM	*Team Dance Evaluation	Perform Team Dance & get feedback from Buddy
	*All-American Audition	Individuals perform TD to be apart of All-American Team!
2:00 PM	Style Routine - Class 4	Learn routine focused on style (jazz, pom, hip hop, etc.)
3:30 PM	Custom Coaching/ Review	Work with buddy to perfect Team Dance/Style Routine
3:45 PM	Improv Session	Release with freestyle movement
3:50 PM	Team Time	End the day with Team Building
4:00 PM	Closing	
<b>Time</b>	<b>Class</b>	<b>Notes</b>
9:00 AM	Team Time	Meet with your buddy for one final time
9:15 AM	Warm Up	Final warm up
9:45 AM	Specialty Technique	Class focusing on technical skills picked by coach
10:15 AM	Style Routine - Class 5	Learn routine focused on style (jazz, pom, hip hop, etc.)
11:45 AM	Style Routines Review	Review of Style Routines from camp
12:25 PM	Cool Down	Stretch and recover body before afternoon break
12:30 PM	<b>LUNCH</b>	
1:30 PM	*Individual Evaluations	Individual feedback on Class 1 & 2
2:00 PM	Style Routine - Class 6	Learn routine focused on style (jazz, pom, hip hop, etc.)
3:30 PM	Custom Coaching/ Review	Work with buddy to perfect Team Dance/Style Routine
3:45 PM	*Parent Showcase	Invite Friends & Family to see what you've learned!
4:00 PM	Closing	THANKS FOR COMING TO CAMP!

DAY 1

DAY 2

FUN DAY

DAY 4