



TECHNIQUE CLINIC - 1 DAY

2020 CAMP SCHEDULE

Instructor: 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	LUNCH	
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!

-Have dancers leave all jewelry at home!