



HOME CAMP - 1 DAY

2021

Instructor:

Cell #:

*Schedule Subject to Change

Time	Class	Notes
11:30 AM	NDA Staff meets with Coach	
12:00 PM	Team Time / Introductions	Rely on buddy instructor with any questions
12:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!
12:45 PM	Specialty Technique	Class focusing on technical elements chosen by coach
1:30 PM	*Team Dance - Part 1	Learn routine as team incorporating 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	LUNCH	
3:45 PM	*Team Dance - Part 2	Finish routine - opportunity to qualify for Nationals!
5:15 PM	Custom Coaching / Review	Final review before evaluations
5:45 PM	*Evaluations (optional)	Perform and receive feedback from buddy instructor
6:15 PM	*Parent Showcase	Perform for friends & family!
6:30 PM	Closing	THANKS FOR COMING TO CAMP
*Team Dance can be replaced w/ 2 Style Routines		

DAY 1



THE WORK IS WORTH IT.®



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