



HOME CAMP - 2 DAY

2021

Instructor:

Cell #:

*Schedule Subject to Change

Time	Class	Notes
11:30 AM	NDA Staff Meets with Coach	
12:00 PM	Introductions	Rely on buddy throughout camp with any questions
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	AFTERNOON BREAK	
3:45 PM	Home Routine Evaluation	Optional performance of routine learned prior to camp
4:00 PM	*Team Dance - Part 2	Finish Team dance - oppportunity to qualify for Nationals!
5:30 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance
6:00 PM	Improv Session	Release with freestyle movement
6:10 PM	Team Time	End the day with Team Building
6:30 PM	Closing	
DAY 1		
Time	Class	Notes
9:00 AM	Team Time	Start your day off with Team Building
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 Routine - Class 1	Class focusing on specific style (jazz, hip hop, pom, etc.)
11:45 AM	Team Dance Review	Review team routine learned yesterday
12:25 PM	Cool Down	Stretch and cool down body before afternoon break
12:30 PM	LUNCH	
1:30 PM	*Team Dance Evaluation *All-American Audition	Perform and receive feedback from buddy instructor
2:00 PM	Style Routine - Class 2	Class focusing on specific style (jazz, hip hop, pom, etc.)
3:30 PM	Custom Coaching / Review	Final review with instructor
3:45 PM	*Parent Showcase	Perform for friends & family!
4:00 PM	Closing	THANKS FOR COMING TO CAMP!
DAY 2		



THE WORK IS WORTH IT.®



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