



COLLEGE HOME CAMP - 2 DAY

2021

Instructor:

Cell #:

*Schedule Subject to Change

Time	Class	Notes	IS
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	
1:15 PM	Pro Team Dance	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	Pro Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!	
5:15 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance	
6:00 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing	
6:10 PM	Team Time	End the day with Team Building	
6:30 PM	Closing		

DAY 1

Time	Class	Notes	IS
8:00 AM	Team Time	Start your day off with Team Building	
8:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
8:45 AM	Specialty Technique	Class focusing on technical skills chosen by coach	
9:15 AM	Style Routine - Class 1	Class focusing on specific style (jazz, hip hop, pom, etc.)	
10:45 AM	Team Dance Review	Review team routine learned yesterday	
11:15 AM	Cool Down	Stretch and cool down body before afternoon break	
11:30 AM	LUNCH		
12:30 PM	Pro Team Dance Evaluation	Perform and receive feedback from buddy instructor	
12:45 PM	Style Routine - Class 2	Class focusing on specific style (jazz, hip hop, pom, etc.)	
2:15 PM	Review	Final review with instructor	
2:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing	
3:00 PM	Closing	THANKS FOR COMING TO CAMP!	

DAY 2



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IS WORTH IT.®**

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