



COLLEGE HOME CAMP - 3 DAY

2021

Time	Class	Notes	IS	DAY 1
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	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!		
5:00 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance		
5:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing		
6:00 PM	Team Time	End the day with Team Building		
6:30 PM	Closing			
Time	Class	Notes	IS	DAY 2
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		
12:20 PM	Cool Down	Stretch and cool down body before afternoon break		
12:30 PM	LUNCH			
1:30 PM	Self Warm-Up			
1:45 PM	Style Routine - Class 2	Class focusing on specific style (jazz, hip hop, pom, etc.)		
3:15 PM	Custom Coaching/Review	Final review with instructor		
3:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing		
4:00 PM	Closing			
Time	Class	Notes	IS	DAY 3
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!		
9:30 AM	Specialty Technique	Class focusing on technical skills chosen by coach		
10:00 AM	Style Routine - Class 3	Class focusing on specific style (jazz, hip hop, pom, etc.)		
11:30 AM	Style Routine Review	Class 1 & 2		
12:25 PM	Cool Down	Stretch and cool down body before afternoon break		
12:30 PM	LUNCH			
1:30 PM	Pro Team Dance Evaluation	Perform and receive feedback from buddy instructor		
2:00 PM	Style Routine - Class 4	Class focusing on specific style (jazz, hip hop, pom, etc.)		
3:30 PM	Custom Coaching Review	Final review with instructor		
3:55 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing		
4:00 PM	Closing	THANKS FOR COMING TO CAMP!		



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IS WORTH IT.®**

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