



# VEGAS



HI:

Cell:

\*Schedule Subject to Change

Time	Class	Notes	IS
1:00 PM	Opening Rally	Kick off by watching the staff perform!	
1:30 PM	<b>Game Day/Showtime Practice Run</b>	<b>Teams not in GD Run-Off - Extreme Flexibility Class</b>	
1:45 PM	<b>Game Day Bid Run-Off/Showtime Evaluations</b>		
2:15 PM	<b>Routine A/Team Dance Demo</b>		
2:30 PM	Warm Up	Cardio mixed with static & dynamic stretching!	
	<i>Coaches Meeting - Camp Info/Q&amp;A</i>		
2:45 PM	Jazz, Pom & HH Sidelines	Learn short routines for your Game Day Sidelines	
3:15 PM	<b>USA - Routine A - Part 1</b>		
4:00 PM	<b>NDA - Band Chant</b>	Learn routine that complements the NCA Band Chant	
4:30 PM	Meet Your Buddy	Utilize buddy throughout camp!	
4:45 PM	<b>Team Technique - Group A</b>	<b>Group B - Dinner</b>	
5:15 PM	<b>EVENING BREAK / DINNER @ 5:00</b>		
6:15 PM	<b>Team Technique - Group B</b>	<b>Group A - Dinner</b>	
6:45 PM	<b>Class 1 &amp; 2/Routine B &amp; C Demos</b>	Watch staff demonstrate Style Routines	
7:00 PM	<b>Team Dance - Part 1 &amp; 2/Routine B - Part 1</b>		
8:00 PM	Cool Down	Rehabilitate muscles after a long day of dancing	
8:15 PM	Team Time	Wrap up Day 1 with Team Bonding!	
8:30 PM	Closing	Announcements & open practice time	
10:00 PM	Facility Closed		
Time	Class	Notes	IS
8:30 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
	<i>Coaches Meeting - College Nationals</i>		
8:45 AM	<b>Team Dance - Part 3/Routine A - Part 2</b>		
9:45 AM	Specialty Technique	Coaches inform dancers which session to attend	
10:15 AM	<b>Class 1 - Style Routine/Routine B - Part 2</b>		
	<i>Coaches Meeting - Swap Shop</i>		
11:30 AM	Game Day Implementation	Learn the ins and outs of Game Day Experience!	
12:00 PM	<b>Custom Coaching - Group A/Routine A Review</b>		
	<b>AFTERNOON BREAK / LUNCH @ 12:00</b>		
1:45 PM	Custom Coaching - Group B	Group A - Practice Time/ Lunch	
2:15 PM	<b>Class 1 Review/Routine B - Part 2</b>	<b>Review routine w/ instructor, then perform!</b>	
3:15 PM	Top Gun - Leaps & Jumps; Turns	Individual competition to highlight leaps, jumps, & turns	
3:45 PM	<b>MASTER CLASS</b>		
4:45 PM	NDA Prime Time - Group A	Work with different instructor to clean Team Dance	
	<b>EVENING BREAK / DINNER @ 5:00</b>		
6:00 PM	<b>NDA Prime Time - Group B/Routine B Review</b>		
6:30 PM	<b>Team Dance Mock Evaluations/Routine A Showcase</b>		
7:00 PM	<b>Class 2/Routine C</b>		
8:00 PM	<b>Class 2/Routine C Showcase</b>		
8:15 PM	Top Gun - Hip Hop	Individual competition to showcase hip-hop style	
8:30 PM	Team Time	Team building to close out Day 2	
10:00 PM	Facility closed		
Time	Class	Notes	IS
8:30 AM	Team Time	Meet with your buddy one final time	
	<i>Coaches Meeting - Evaluation Prep</i>		
8:35 AM	<b>Warm Up/Open Practice Time</b>		
9:00 AM	<b>Team Dance Final Evaluation &amp; Game Day Run-Off</b>		
9:45 AM	<b>Routine B Showcase</b>		
10:00 AM	<b>All-American Audition/Dance Star Competition</b>		
11:00 AM	Final Sideline Showcase	Perform one last time for friends & family!	
11:30 AM	Final Awards w/ NCA!	THANKS FOR COMING TO CAMP!	

DAY 1

DAY 2

DAY 3

