



# COMMUTER COLLEGE CAMP

2023

Head Instructor:

Cell #:

\*Schedule Subject to Change

Time	Class	Notes	DAY 1
10:00 AM	Opening Session		
10:10 AM	Meet your Buddy	Rely on buddy throughout camp with any questions	
10:30 AM	Warm Up	Cardio mixed with static & dynamic stretching	
	Coaches Meeting - Camp Info / Q&A		
11:00 AM	Game Day Practice Run	Extreme Flexibility for teams not participating in Game Day	
11:10 AM	Game Day Run Off (optional)	Optional competition with routine learned prior to camp	
11:25 AM	Team Dance - Part 1	Learn routine as team that incorporates all styles	
12:30 PM	Team Technique - Group A	Practice Time - Group B	
1:00 PM	AFTERNOON BREAK		
1:45 PM	Team Technique - Group B	Practice Time - Group A	
2:15 PM	Team Dance - Part 2	Learn the second half of Team Routine	
4:00 PM	Custom Coaching - Group A	Practice Time - Group B	
4:45 PM	Custom Coaching - Group B	Practice Time - Group A	
5:30 PM	Sidelines - Pom	Learn sideline routine to prepare for Game Day!	
5:50 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing	
5:55 PM	Class 1 Demos	Watch staff perform routines taught tomorrow!	
6:00 PM	Team Time	End the day with Team Building	
Time	Class	Notes	DAY 2
8:30 AM	Warm Up	Cardio exercises mixed with static & dynamic stretching!	
	Coaches Meeting - College Nationals		
9:00 AM	Specialty Technique	Coaches inform dancers which session to attend	
9:45 AM	Style Routines	Coaches inform dancers which routine to learn	
11:00 AM	Showcase Class 1 Routines	Perform the routines learned in Class 1	
11:15 AM	Team Dance Review	Review team routine learned yesterday	
11:45 AM	Prime Time - Group B	Practice Time - Group A	
12:15 PM	LUNCH		
1:00 PM	Prime Time - Group A	Practice Time - Group B	
1:30 PM	Sidelines - Jazz	Learn sideline routine to prepare for Game Day!	
1:50 PM	Sidelines - Hip Hop	Learn sideline routine to prepare for Game Day!	
2:10 PM	Open Practice Time	Prepare for Team Dance Evaluations - Great time to change!	
2:30 PM	Team Dance Evaluations (optional)	Receive feedback - opportunity to earn a bid to Nationals	
3:00 PM	Final Sidelines Showcase	Showcase sideline routines for friends & family	
3:15 PM	Final Awards - Closing with NCA!	THANKS FOR COMING TO CAMP!	



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