



DAY CAMP - 3 DAY

2024

Time	Class	Notes	
9:00 AM	Opening Rally	Kick off by watching the staff perform!	DAY 1
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
	<i>Coaches' Meeting</i>		
9:45 AM	Specialty Technique	Coaches inform dancers which session to attend	
10:30 AM	Team Dance - Part 1	Learn routine as team incorporating all styles	
12:00 PM	Cool Down	Stretch and cool down body before afternoon break	
12:05 PM	Meet your Buddy	Rely on your buddy throughout camp for any questions!	
12:15 PM	Team Time	Team Building before afternoon break	
12:30 PM	LUNCH		
2:00 PM	Home Routine Evaluations (opt.)	Optional performance of routine learned prior to camp	
2:30 PM	Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!	
3:30 PM	Top Gun - Kicks; Leaps & Jumps	Individual competition highlighting technical skills	
4:15 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing	
4:25 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!	
4:40 PM	Team Time	End the day with Team Building	
5:00 PM	Closing	Team Leaders/ Coaches meet with Staff	
	Team Leader/Coaches Meet & Greet		
Time	Class	Notes	Column 1
8:15 AM	Leaders-In-Training	Leadership Class for Team Leaders	DAY 2
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
	<i>Coaches' Meeting</i>		
9:30 AM	Specialty Technique	Coaches suggest to dancers which session to attend	
10:00 AM	Team Dance Review	Review group routine learned yesterday	
10:30 AM	Style Routines - Class 1	Coaches inform dancers which routine to attend	
12:00 PM	Custom Coaching - Group A	Group B - Practice Time	
12:30 PM	LUNCH		
1:30 PM	Custom Coaching - Group B	Group A - Practice Time	
2:00 PM	Style Routines - Class 2	Coaches suggest to dancers which routine to attend	
	<i>Coaches' Professional Development: Coaching Generation Z</i>		
3:30 PM	Top Gun - Turns; Hip Hop	Individual competition highlighting technique & style	
4:15 PM	Style Routine Review - Class 1	Review routine with instructor	
4:45 PM	Recovery Stretch / Improv Session	Take time to release with freestyle movement	
4:55 PM	Team Time	Team building to end FUNNER day	
5:10 PM	Awards	Spirit Sticks & nightly awards	
5:30 PM	Closing		
Time	Class	Notes	Column 1
8:15 AM	Leaders-In-Training	Leadership Class for Team Leaders	DAY 3
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
	<i>Coaches' Professional Development</i>		
9:30 AM	Specialty Technique	Coaches inform dancers which routine to attend	
10:15 AM	Style Routine Review - Class 1	Final review with instructor before individual evaluations	
11:00 AM	NDA Prime Time - Group B	Group A - Practice Time	
11:30 AM	LUNCH		
12:30 PM	NDA Prime Time - Group A	Group B - Practice Time	
1:00 PM	Style Routine Review - Class 2	Final review with instructor before individual evaluations	
1:45 PM	Evaluation Explanation	Final review of Team routine	
2:00 PM	Evaluations:	Perform and receive feedback on routines learned at camp	
	Style Routines - Class 1 & 2		
	Team Leader Circle of Winners		
	Team Dance Circle of Winners		
	All-American Auditions		
3:30 PM	Final Awards		
4:00 PM	Closing	THANKS FOR COMING TO CAMP!	



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