



# HOME CAMP - 3.5 DAY

2024

Time	Class	Notes	Column2
11:30 AM	NDA Staff Meets with Coach		
12:00 PM	Introductions	Meet your buddy!	
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	Team Dance - Part 1	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	<b>AFTERNOON BREAK</b>		
3:45 PM	Home Routine Evaluation (opt.)	Get evaluated on routine prepared prior to camp	
4:00 PM	Team Dance - Part 2	Finish learning routine - opportunity to qualify for Nationals	
5:30 PM	Custom Coaching/ Review	Work with buddy to clean team dance	
6:00 PM	Improv Session	Release with freestyle movement	
6:10 PM	Team Time	Finish the day with Team Building	
6:30 PM	Closing		
Time	Class	Notes	Column1
9:00 AM	Team Time	Team Building to start the day off	
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 Routines - Class 1	Learn routine focused on style (jazz, pom, hip hop, etc.)	
11:45 AM	Team Dance Review	Review team routine learned yesterday	
12:25 PM	Cool Down	Stretch and recover body before afternoon break	
12:30 PM	<b>LUNCH</b>		
1:30 PM	Style Routine - Class 2	Learn routine focused on style (jazz, pom, hip hop, etc.)	
3:00 PM	Custom Coaching/ Review	Work with buddy to clean Team Dance	
3:40 PM	Improv Session	Release with freestyle movement	
3:50 PM	Team Time	End the day with Team Building	
4:00 PM	Closing		
Time	Class	Notes	Column1
9:00 AM	Team Time	Leaders must attend both classes if participating in run off	
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
9:45 AM	Specialty Technique	Class focusing on technical skills picked by coach	
10:15 AM	Style Routine - Class 3	Learn routine focused on style (jazz, pom, hip hop, etc.)	
11:45 AM	Team Dance Review	Review team dance - opportunity to earn bid to Nationals!	
12:25 PM	Cool Down	Stretch and recover body before afternoon break	
12:30 PM	<b>LUNCH</b>		
1:30 PM	*Team Dance Evaluation	Perform Team Dance & get feedback from Buddy	
	*All-American Audition	Individuals perform TD to be apart of All-American Team!	
2:00 PM	Style Routine - Class 4	Learn routine focused on style (jazz, pom, hip hop, etc.)	
3:30 PM	Custom Coaching/ Review	Work with buddy to perfect Team Dance/Style Routine	
3:45 PM	Improv Session	Release with freestyle movement	
3:50 PM	Team Time	End the day with Team Building	
4:00 PM	Closing		
Time	Class	Notes	Column1
9:00 AM	Team Time	Meet with your buddy for one final time	
9:15 AM	Warm Up	Final warm up	
9:45 AM	Specialty Technique	Class focusing on technical skills picked by coach	
10:15 AM	Custom Coaching/ Review	Work with buddy to perfect Team Dance/Style Routine	
11:00 AM	*Individual Evaluations	Individual feedback on Class 1 & 2	
11:45 AM	*Parent Showcase	Invite Friends & Family to see what you've learned!	
12:00 PM	Closing	THANKS FOR COMING TO CAMP!	

DAY 1

DAY 2

FUNNER DAY

DAY 4



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