



# HOME CAMP - 3 DAY

2024

Instructor:

Cell #:

\*Schedule Subject to Change

Time	Class	Notes
11:30 AM	NDA Staff Meets with Coach	
12:00 PM	Introductions	Rely on your buddy instructor with any questions!
12:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!
12:45 PM	Specialty Technique	Class focusing on technical elements chosen by coach
1:30 PM	*Team Dance - Part 1	Learn routine as team incorporating all styles
3:00 PM	Cool Down	Stretch and cool down body before afternoon break
3:05 PM	Team Time	Team Building
<b>3:15 PM</b>	<b>AFTERNOON BREAK</b>	
3:45 PM	Home Routine Evaluation	Optional performance of routine learned prior to camp
4:00 PM	*Team Dance - Part 2	Finish team dance - opportunity to qualify for Nationals!
5:30 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance
6:00 PM	Improv Session	Release with freestyle movement
6:10 PM	Team Time	End the day with Team Building
6:30 PM	Closing	
	*Option to replace Team Dance with 2 Style Routines	
Time	Class	Notes
9:00 AM	Team Time	Start the 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 elements chosen by coach
10:15 AM	Style Routine - Class 1	Learn routine focusing on style (jazz, pom, hip hop, etc.)
11:45 AM	Team Dance Review	Review routine learned yesterday
12:25 PM	Cool Down	Stretch and cool down body before afternoon break
<b>12:30 PM</b>	<b>LUNCH</b>	
1:30 PM	Style Routines - Class 2	Coaches inform your dancers which routine to attend
3:00 PM	Custom Coaching/Review	Review routine with instructor
3:30 PM	*Team Dance Evaluation	Perform and receive feedback from buddy
	*All-American Audition	
3:45 PM	Improv Session	Release with freestyle movement
3:50 PM	Team Time	Team building
4:00 PM	Closing	
Time	Class	Notes
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!
9:30 AM	Specialty Technique	Class focusing on technical elements chosen by coach
10:00 AM	Style Routine - Class 3	Learn routine focusing on style (jazz, pom, hip hop, etc.)
11:30 AM	Style Routine Review - Class 1&2	Review routines with instructor
12:25 PM	Cool Down	Stretch and cool down body before afternoon break
<b>12:30 PM</b>	<b>LUNCH</b>	
1:30 PM	*Individual Evaluations - Class 1 & 2	Receive individual feedback on routines learned
2:00 PM	Style Routine - Class 4	Learn routine focusing on style (jazz, pom, hip hop, etc.)
3:30 PM	Custom Coaching/Review	Final review with instructor
3:45 PM	*Parent Showcase	Perform for friends & family
4:00 PM	Closing	THANK YOU FOR COMING TO CAMP!

DAY 1

DAY 2

DAY 3



## THE WORK IS WORTH IT.®

