



OVERNIGHT - 3 DAY

2024

HI:

Cell #:

*Schedule Subject to Change

Time	Class	Notes
1:00 PM	Opening Rally	Kick off by watching the staff perform!
1:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!
	<i>Coaches Meeting</i>	
1:45 PM	Specialty Technique	Coaches share with dancers which tech session to attend
2:30 PM	Team Dance - Part 1	Learn routine as team incorporating all styles
4:00 PM	Cool Down	Stretch and cool down body before afternoon break
4:05 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!
4:15 PM	Team Time	Team Building
4:30 PM	DINNER	
6:00 PM	*Home Routine Evaluations	Optional performance of routine learned prior to camp
6:30 PM	Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!
7:30 PM	Top Gun - Kicks; Leaps & Jumps	Individual competition focusing on technique
8:00 PM	Improv Session	Release with freestyle movement
8:10 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!
8:20 PM	Team Time	End the day with Team Building
8:30 PM	Closing	Team Leaders/ Coaches meet with Staff
	Team Leader/Coaches Meet & Greet	
Time	Class	Notes
8:00 AM	Leaders-In-Training	Leadership class
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!
	<i>Coaches Professional Development</i>	
9:15 AM	Game Day Implementation Class	Learn the Big 3 to be Game Day Ready!
10:00 AM	Team Dance Review	Review routine learned yesterday
10:30 AM	Style Routines - Class 1	Coaches suggest to dancers which routine to attend
12:00 PM	Cool Down	Stretch and cool down body before afternoon break
12:05 PM	LUNCH	
1:30 PM	Style Routine - Class 2	Coaches suggest to dancers which routine to attend
3:00 PM	Top Gun - Turns; Hip Hop	Individual competition to highlight turns & hip hop style
3:30 PM	Team Time	Team Building with buddy instructor
3:45 PM	Custom Coaching - Group A	Group B - Practice Time
4:30 PM	DINNER	
6:00 PM	Custom Coaching - Group B	Group A - Practice Time
6:45 PM	Style Routine Review - Class 1	Review routine w/ instructor
	<i>Coaches' Professional Development: Swap Shop</i>	
7:15 PM	Individual Evaluations	Perform & receive feedback from buddy instructor
8:00 PM	Improv Session	Release with freestyle movement
8:10 PM	NDA Dance Party!	End of day stress reliever
8:20 PM	Team Time	Team building to close out Day 2
8:30 PM	Closing	
Time	Class	Notes
8:30 AM	Team Time	Meet with your buddy for one final time
	<i>Coaches Meeting</i>	
8:45 AM	Warm Up	Final warm up before evaluations
9:15 AM	Pursue Your Pathway - Group B	Customize this session to what your team needs
9:45 AM	Pursue Your Pathway - Group A	Customize this session to what your team needs
10:15 AM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor
10:45 AM	Team Leader Circle of Winners	Perform one last time for friends & family!
	Team Dance Circle of Winners	
	All-American Auditions	
11:45 AM	Final Awards/ Closing	THANKS FOR COMING TO CAMP!

DAY 1

FUNNER DAY

DAY 3



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