



OVERNIGHT - 4 DAY

2024

HI:

Cell #:

*Schedule subject to Change

Time	Class	Notes
1:00 PM	Opening Rally	Kick off by watching the staff perform the team dances!
1:15 PM	Warm Up	Cardio mixed with static & dynamic stretching
	<i>Coaches Meeting</i>	
1:45 PM	Specialty Technique	Coaches inform dancers which session to attend
2:30 PM	Team Dance Part 1	Routine learned by whole team w/ all styles incorporated
4:00 PM	Cool Down	Stretch and cool the body before breaking for dinner
4:05 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!
4:30 PM	DINNER	<i>*Option to change into home routine costume/uniform</i>
6:15 PM	Home Routine Evaluations (opt.)	Teams receive feedback on a routine from home!
6:45 PM	Team Dance Part 2	Finish learning routine - opportunity to qualify for Nationals
7:45 PM	Style Routines Demos	Preview the routines that will be offered tomorrow
8:00 PM	Improv Session	Release with freestyle movement
8:10 PM	Team Time	Get to know your buddy instructor!
8:30 PM	Closing/ Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor

DAY 1

Time	Class	Notes
8:00 AM	Leadership Class	Leaders must attend class if participating in TL run off
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching
	<i>Coaches Meeting</i>	
9:15 AM	Specialty Technique	Coaches inform dancers which session to attend
9:45 AM	Team Dance Review	Review routine as full camp
10:15 AM	Style Routines - Class I	Coaches inform dancers which routine to attend
11:45 AM	Cool Down	Stretch and cool the body before heading to lunch
11:50 AM	Afternoon Break	Reach out to your buddies with any questions you have!
12:00 PM	LUNCH	
1:45 PM	Style Routines - Class II	Coaches suggest to dancers which routine to attend
3:15 PM	Top Gun; kicks, leaps & jumps	Individual competition to highlight kicks, leaps, and jumps
3:45 PM	Team Time	Team building activities
4:00 PM	Custom Coaching Group A	Group B - practice time
4:30 PM	DINNER	
6:00 PM	Custom Coaching Group B	Group A - practice time
6:30 PM	Style Routine Review - Class I	A long review to help memory for style routines
	<i>Coaches' Professional Development</i>	
7:00 PM	Style Routine Review - Class II	A long review to help memory for style routines
7:30 PM	Top Gun; Turns	Individual competition highlighting turn technique
7:50 PM	Style Routine Demos - Class III	Preview routines for Class III tomorrow
8:00 PM	Improv Session	Release with freestyle movement
8:10 PM	Nightly Awards/Team Time	Pin It Forward and certificates & spirit sticks
8:30 PM	Closing	

DAY 2



OVERNIGHT - 4 DAY

2024

Time	Class	Notes
8:00 AM	Leadership Class	Leaders must attend both classes if participating in run off
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching
<i>Coaches' Professional Development</i>		
9:15 AM	Game Day Implementation	Learn the Big 3 to be Game Day Ready!
9:45 AM	Style Routines - Class III	Coaches suggest to dancers which routine to attend
11:15 AM	Showcase Class III	Feel free to record the routines!
11:25 AM	Cool Down	Stretch and cool the body after an afternoon of dancing
11:30 AM	Pursue Your Pathway - Group B	Customize this session to what your team needs
12:15 PM	LUNCH	
2:15 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs
3:00 PM	Top Gun; Hip hop	Individual competition to showcase hip-hop style
3:15 PM	Style Routine Review - Class I	Review session to help prepare for evaluations
<i>Coaches' Professional Development: Swap Shop</i>		
3:40 PM	Style Routine Review - Class II	Review session to help prepare for evaluations
4:05 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor
4:20 PM	Cool Down	Stretch and cool the body after an afternoon of dancing
4:25 PM	Evaluation Explanation	Understanding the evaluation process
4:30 PM	DINNER	
6:30 PM	Evaluations	Style Routines Class I and II, All-American Audition
7:30 PM	NDA Dance Party!	Let loose evaluations are finished for the day!
7:50 PM	Improv Session	Release with freestyle movement
8:05 PM	Night Awards/Team Time	Pin It Forward and certificates & spirit sticks
8:30 PM	Closing	
Time	Class	Notes
8:30 AM	Team Time	Meet with your buddy for one final time
8:45 AM	Warm Up	Final warm up before evaluations
9:15 AM	Open Practice Time	Coaches this is a great time to fill out your survey!
9:45 AM	Evaluations	Performance of Team Dance and Team Leader run off
	Team Leader Circle of Winners	
	Team Dance Circle of Winners	
11:15 AM	Final Awards	Circle of Winners, All-American & Nationals Bids presented
11:45 AM	Camp Closing	THANKS FOR COMING TO CAMP!

FUNNER DAY

DAY 4



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