



PURSUE YOUR PATHWAY - 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
3:45 PM	Cool Down	Stretch and cool down body before afternoon break
3:50 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!
4:00 PM	PURSUE YOUR PATHWAY	Select a session to work one-on-one with NDA Staff
5:00 PM	DINNER	
6:30 PM	*Home Routine Evaluations	Optional performance of routine learned prior to camp
7:00 PM	Team Dance - Part 2	Finish Team dance - oppportunity to qualify for Nationals!
8:00 PM	Improv Session	Release with freestyle movement
8:05 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!
8:15 PM	Team Time	End the day with Team Building
8:30 PM	Closing	Team Leaders/ Coaches meet with Staff
	<i>Team Leader/Coaches Meet & Greet</i>	
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!
9:45 AM	Team Dance Review	Review routine learned yesterday
10:15 AM	Style Routines - Class 1	Coaches suggest to dancers which routine to attend
11:30 AM	Cool Down	Stretch and cool down body before afternoon break
11:35 AM	LUNCH	
1:00 PM	PURSUE YOUR PATHWAY	Select a session to work one-on-one with NDA Staff
2:00 PM	Top Gun - Kicks; Leaps & Jumps	Individual competition to highlight turns & hip hop style
2:45 PM	Custom Coaching	Clean Team Dance with your Buddy Instructor
3:30 PM	Style Routine - Class 2	Coaches suggest to dancers which routine to attend
	<i>Coaches Swap Shop</i>	
4:45 PM	Team Time	Team Building with buddy instructor
5:00 PM	DINNER	
6:30 PM	All-American Auditions	
7:00 PM	Top Gun - Turns; Hip Hop	Individual competition focusing on technique
7:45 PM	Improv Session	Release with freestyle movement
7:55 PM	NDA Dance Party!	End of day stress reliever
8:10 PM	Team Time	Team building to close out Day 2
8:30 PM	Closing	
Time	Class	Notes
8:30 AM	Warm Up	Final warm up before evaluations
8:45 AM	Style Routine Review - Class 1	Review routine w/ instructor
9:15 AM	Style Routine Review - Class 2	Review routine w/ instructor
9:45 AM	Team Time	Meet with buddy one last time before evaluations
10:00 AM	Individual Evaluations	Perform & receive feedback from buddy instructor
11:00 AM	Team Leader Circle of Winners	Perform one last time for friends & family!
	Team Dance Circle of Winners	
12:00 PM	Final Awards/ Closing	THANKS FOR COMING TO CAMP!

DAY 1

DAY 2

DAY 3



THE WORK IS WORTH IT.®

