



RESORT - 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!	DAY 1
1:15 PM	Warm Up	Tell dancers which tech. session and level of TD to attend	
	<i>Coaches Meeting</i>		
1:45 PM	Specialty Technique	See hand out from HI for technique classes offered	
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	Dancers should change into home routine costume	
6:00 PM	Home Routine Evaluations (opt.)	Teams receive feedback on a routine from home!	
6:30 PM	Team Dance Part 2	Finish learning routine - opportunity to qualify for Nationals	
7:30 PM	Top Gun - Kicks	Individual competition highlighting kick technique	
7:45 PM	Improv Session	Release with freestyle movement	
7:55 PM	Style Routine Demos - Class 1&2	Preview the routines that will be offered tomorrow	
8:10 PM	Team Time/ Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor	
Time	Class	Notes	
8:00 AM	Leaders-In-Training Class	Leaders must attend class if participating in TL run off	DAY 2
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
	<i>Coaches Meeting</i>		
9:15 AM	Specialty Technique	Coaches share with dancers which tech session to attend	
9:45 AM	Team Dance Review	Review routine as full camp	
10:15 AM	Style Routines - Class I	Team Leaders be sure to take Team Leader Routine	
11:45 AM	Custom Coaching - Group A	Group B - Practice Time	
12:15 PM	LUNCH		
1:15 PM	Custom Coaching - Group B	Group A - Practice Time	
1:45 PM	Style Routine - Class 2	Coaches share with dancers which class to attend	
3:15 PM	Top Gun - Leaps & Jumps	Individual competition highlighting technical skills	
3:30 PM	Style Routine Review - Class 1	A long review to help memory for style routines	
	<i>Coaches' Professional Development</i>		
4:00 PM	Style Routine Review - Class 2	A long review to help memory for style routines	
4:30 PM	Improv Session	Release with freestyle movement	
4:40 PM	Style Routine Demos - Class 3	Preview the routines that will be taught tomorrow	
4:50 PM	Nightly Awards/Team Time	Certificates & spirit sticks/ Pin It Forward	
5:30 PM	DINNER - FREE TIME - OPEN PRACTICE TIME		FUNNER DAY
Time	Class	Notes	
8:00 AM	Leaders-In-Training 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	Coaches share with dancers which tech session to attend	
9:45 AM	Style Routine - Class 3	Coaches inform dancers which routine to learn	
11:15 AM	Class 3 Showcase	Feel free to record the routines!	
11:20 AM	Cool Down	Stretch and cool the body before afternoon break	
11:30 AM	Pursue Your Pathway - Group B	Customize this session to what your team needs	
12:15 PM	LUNCH		
1:15 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs	
2:00 PM	Top Gun - Turns	Individual competition highlighting turn technique	
2:15 PM	Style Routine Review - Class 1	Last review before individual evaluations	
	<i>Coaches' Professional Development: Swap Shop</i>		
2:45 PM	Style Routine Review - Class 2	Last review before individual evaluations	
3:15 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor	
3:30 PM	Evaluation Explanation	Understanding the evaluation process	
3:45 PM	Evaluations		
	<i>Style Routines - Class 1 & 2, All-American Audition</i>		
5:00 PM	NDA Dance Party/ Team Time	Pin It Forward and certificates & spirit sticks	
5:30 PM	DINNER - FREE TIME - OPEN PRACTICE TIME		DAY 4
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	Top Gun - Hip Hop	Individual competition highlighting hip hop style	
9:30 AM	Open Practice Time	Coaches this is a great time to fill out your survey!	
10:00 AM	Final Awards	Performance of Team Dance and Team Leader run off	
	Team Leader Circle of Winners		
	Team Dance Circle of Winners		
11:30 AM	Camp Closing	THANKS FOR COMING TO CAMP!	



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