

NDA COLLEGE CAMP

HI: Cells Notes 1:00 PM Opening Rally Kick off by watching the staff perform! 1:30 PM Game Day Bid Run-Off (Optional) Teams not in GD Run-Off - Externe Prexibility Class Page 1:45 PM Game Day Bid Run-Off (Optional) Perform Game Day Routine learned prior to camp Cardio mixed with static & dynamic stretching! Coaches Meeting - Camp Info/Q&A 2:45 PM Jazz, Porn & HH Sidelines Learn short routines for your Game Day Sidelines 3:45 PM College Band Chant Learn routine that complements the NCA Band Chant Learn routine that complements the NCA Band Chant 4:15 PM Class 18:2 Demos Watch staff demonstrate Style Routines 4:30 PM Meet Your Buddy Utilize buddy throughout camp! Team Technique - Group A Group B - Uniner EVENING BREAK DINNER @ 5:00 6:15 PM Team Dance - Part 18:2 Team routine incorperating all styles 8:00 PM Cool Down Rehabilitate muscles after a long day of dancing 8:15 PM Team Time Wrap up Day 1 with Team Bonding! 8:30 PM Team Time Wrap up Day 1 with Team Bonding! 8:30 PM Team Time Wrap up Day 1 with Team Bonding! 8:30 PM Team Time Wrap up Day 1 with Team Bonding! 8:30 PM Closing Announcements & open practice time Facility Closed Time Class Notes 8:30 AM Warm Up Coaches Meeting - Bid Info & Professional Development 9:00 AM Team Dance - Part 3 Finish learning routine - Opportunity to qualify for Nationals Coaches Meeting - Swap Shop 11:30 AM Game Day Implementation Practice sidelines so they are Game Day ready! 12:00 PM Pursue Your Pathway - Group A Customize this session to what your team needs AFTERNOON BREAK LIUNCH @ 12:00 145 PM Class 2 Royle Routine Coaches inform dancers which routine to attend Caches Meeting - Swap Shop 11:30 AM Game Day Implementation Practice sidelines so they are Game Day ready! 12:00 PM Team Dance Mock Evaluations Practice Time/Dinner EVENING BREAK IDINNER @ 5:00 145 PM Class 2 Royle Routine Coaches inform dancers which routine to attend Class 1 Royle Routine Coaches Information to highlight leaps, jumps, & tums 15 PM Class 2 Royle Routine Coaches Informat	<u> </u>	MAL DIANCE ALLIANCE			2024
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1.30 PM Game Day Practice Run (Optional) 1.45 PM Game Day Bid Author Off (Optional) 2.30 PM Warm Up Cardio mixed with state & dynamics stretching! Coaches Meeting - Camp Info/Q&A 2.45 PM Jazz, Pom BiH Sidelines 3.45 PM College Band Chant Learn short routines for your Game Day Sidelines 3.45 PM College Band Chant Learn short routines for your Game Day Sidelines 4.15 PM Class 1&2 Demos Watch staff demonstrate Style Routines 4.15 PM Meet Your Buddy Utilize buddy throughout camp! 4.15 PM Team Tarchnique - Group B Group A - Dinner 5.15 PM Team Tarchnique - Group B Group A - Dinner 6.45 PM Team Dance - Part 1&2 Team routine incorporating all styles 8.10 PM Team Tarchnique - Group B Group A - Dinner 6.45 PM Team Time Wrap up Day 1 with Team Bonding! 8.30 PM Collo Down 8.15 PM Team Up Cardio mixed with static & dynamic stretching! Coaches Meeting - Bid Info & Professional Development 7 Time Class Notes 8.30 AM Warm Up Cardio mixed with static & dynamic stretching! Coaches Meeting - Bid Info & Professional Development 9.00 AM Team Dance - Part 3 Finish learning routine - Opportunity to qualify for Nationals 9.45 AM Specialty Technique Coaches inform dancers which session to attend 10:15 AM Class 1 - Style Routine Coaches Meeting - Swap Shop 11:30 AM Game Day Implementation Practice sidelines so they are Game Day ready! 2.45 PM Pursue Your Pathway - Group B Customize this session to what your team needs AFTERNOON BREAK / LUNCH @ 2:00 1.45 PM Class 1 Review/Showcase Review routine w/ instructor, then perform! 1.43 PM Recovery Stretch Rehabilitate muscles after a long day of dancing Team Dance Final Fina		Time	Class	Notes	
1:45 PM Game Day Bid Run-Off (Optional) 2:30 PM Warm Up Cacabes Meeting - Camp Info/Q&A 2:45 PM Jazz, Pom & HH Sidelines 3:45 PM College Band Chant Learn routine that complements the NCA Band Chant 4:15 PM Class 182 Demos Watch staff demonstrate Style Routines 4:30 PM Meet Your Buddy 4:45 PM Team Technique - Group A Group B - Dinner 5:45 PM Team Technique - Group B Group A - Dinner 6:45 PM Team Technique - Group B Group A - Dinner 6:45 PM Team Technique - Group B Group A - Dinner 6:45 PM Team Technique - Group B Group A - Dinner 6:45 PM Team Technique - Group B Group A - Dinner 6:45 PM Team Technique - Group B Group A - Dinner 6:45 PM Team Technique - Group B Group A - Dinner 6:45 PM Team Technique - Group B Group A - Dinner 6:45 PM Team Time Wrap up Day 1 with Team Bonding! 8:30 PM Cool Down Rehabilitate muscles after a long day of dancing 8:15 PM Team Time Wrap up Day 1 with Team Bonding! 8:30 PM Closing Announcements & open practice time 10:00 PM Facility Closed 10:00 PM Facility Closed 10:15 AM Specialty Technique Coaches inform dancers which session to attend 10:15 AM Specialty Technique Coaches inform dancers which routine to attend 10:15 AM Game Day Implementation Practice sidelines so they are Game Day ready! 12:00 PM Pursue Your Pathway - Group A Customize this session to what your team needs 12:15 PM Pursue Your Pathway - Group B Group A - Practice TimeDinner 13:15 PM Class 1 Review/Showcase Review routine wi instructor, then perform! Individual competition to highlight leaps, jumps, & turns 15:16 PM Team Dance Mock Evaluations Perform TD, get feedback from buddy before final evals 16:30 PM Team Dance Mock Evaluations Perform TD, get feedback from buddy before final evals 17:30 PM Recovery Stretch Rehabilitate muscles after a long day of dancing 18:43 PM Recovery Stretch Rehabilitate muscles after a long day of dancing 19:00 AM Facility closed 19:00 AM F	1	1:00 PM	Opening Rally	Kick off by watching the staff perform!	
2:30 PM Warm Up Cardio mixed with static & dynamic stretching! 2:45 PM Jazz, Pom & HH Sidelines Learn routines for your Game Day Sidelines 3:45 PM College Band Chant Learn routine that complements the NCA Band Chant 4:15 PM Class 1&2 Demos Watch staff demonstrate Style Routines 4:30 PM Meet Your Buddy Utilize buddy throughout camp! 4:45 PM Team Technique - Group A Group B - Dinner 5 VENING BREAK / DINNER @ 5:00 6:15 PM Team Dance - Part 1&2 Team routine incorperating all styles 8:30 PM Cool Down Rehabilitate muscles after a long day of dancing 8:30 PM Team Time Wrap up Day 1 with Team Bonding! 8:30 PM Closing Announcements & open practice time 10:00 PM Facility Closed Time Class Notes 8:30 AM Warm Up Coardio mixed with static & dynamic stretching! Coaches Meeting - Bid Info & Professional Development 9:00 AM Team Dance - Part 3 Finish learning routine - Opportunity to qualify for Nationals 0:04 PM Part Development 10:05 PM Pursue Your Pathway - Group A Coaches inform dancers which routine to attend Coaches Meeting - Swap Shop 11:30 AM Game Day Implementation Practice sidelines so they are Game Day ready! 12:00 PM Pursue Your Pathway - Group B Customize this session to what your team needs AFTERNOON BREAK / LUNCH@ 12:00 14:5 PM Class 1 Review/Showcase Review routine wi instructor, then perform! 14:30 PM Class 2 Rysip Routine Coaches inform dancers which routine to attend Coaches 1 Review/Showcase Review routine wi instructor, then perform! 14:30 PM Class 2 Rysip Routine Coaches inform dancers which routine to attend Coaches 1 Review/Showcase Review routine wi instructor, then perform! 16:00 PM Class 2 Rysip Routine Coaches inform dancers which routine to attend Coaches Meeting - Group B Group A Practice Sidelines on the way of the perform To get feedback from buddy before final evals 16:00 PM Class 2 Review/ Showcase Review routine wi instructor, then perform! 17:30 PM Top Gun - Hip Hop Individual competition to showcase hip-hop style 18:45 PM Recovery Stretch Rehabilitate muscles after a long day of dancing 1	1	1:30 PM	Game Day Practice Run (Optional)	Teams not in GD Run-Off - Extreme Flexibility Class	
2.45 PM Jazz, Pom & HH Sidelines 1.415 PM Collage Band Chant 4.15 PM Meet Your Buddy 4.20 PM Meet Your Buddy 4.20 PM Meet Your Buddy 4.20 PM Team Tachnique - Group A Group B - Dinner 6.45 PM Team Tachnique - Group B Group A - Dinner 6.45 PM Team Tachnique - Group B Group A - Dinner 6.45 PM Team Dance - Part 18.2 Team routine incorperating all styles 8.20 PM Cool Down Rehabilitate muscles after a long day of dancing 8.15 PM Team Time 8.30 PM Team Time 8.30 PM Team Time 8.30 AM Warm Up Coaches Meeting - Bid Info & Professional Development 9.00 AM Team Dance - Part 3 Finish learning routine - Opportunity to qualify for Nationals 9.45 AM Specialty Technique Coaches Meeting - Swap Shop 11.30 AM Game Day Implementation Practice sidelines so they are Game Day ready! 12.00 PM Pursue Your Pathway - Group B Pursue Your Pathway - Group B Customize this session to what your team needs AFTERNOON BERAK / LUNCH @ 12.00 1.45 PM Pursue Your Pathway - Group B 2.45 PM Class 1 - Style Routine Coaches inform dancers which routine to attend Coaching - Group A Customize this session to what your team needs AFTERNOON BERAK / LUNCH @ 12.00 1.45 PM Pursue Your Pathway - Group B 2.45 PM Class 2 - Style Routine Coaching - Group A Customize this session to what your team needs AFTERNOON BERAK / LUNCH @ 12.00 1.45 PM Class 2 - Style Routine Coaching - Group A Customize this session to what your team needs AFTERNOON BERAK / LUNCH @ 12.00 1.45 PM Pursue Your Pathway - Group B 2.45 PM Class 2 - Style Routine Coaches inform dancers which routine to attend 6.30 PM Team Dance Poth Remains Pursue Provided Individual competition to highlight leaps, jumps, & turns 1.45 PM Pursue Your Pathway - Group B 6.00 PM Class 2 Review/Showcase Review routine w/ instructor, then perform! 1.00 PM Facility closed 7.00 PM Class 2 Review/Showcase Review routine w/ instructor, then perform! 1.00 PM Facility closed 7.00 PM Team Dance P	1	1:45 PM	Game Day Bid Run-Off (Optional)	Perform Game Day Routine learned prior to camp	
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	8	3:45 AM		Meet with your buddy one final time	
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	1	0:00 AM	•		—
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	1	1:30 AM	Final Awards w/ NCA!	THANKS FOR COMING TO CAMP!	



