

NDA Unleashed CONVENTION

2024

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 inform dancers which session to attend
2:30 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!
2:45 PM	UNLEASHED MASTER CLASS	
4:00 PM	Master Class Showcase	Feel free to record routines!
4:15 PM	Cool Down	Stretch and cool down body before afternoon break
4:30 PM	DINNER	
6:00 PM	Solo/Duo/Trio/Ensemble Competition	Optional performance of routine learned prior to camp
6:45 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!
7:00 PM	Style Routines - Class 1	
8:05 PM	Class 1 Showcase	Feel free to record routines!
8:15 PM	Team Time	End the day with Team Building
8:30 PM	Closing	
Time	Class	Notes
8:30 AM	Warm Up	Cardio mixed with static & dynamic stretching!
9:00 AM	Specialty Technique	Coaches inform dancers which session to attend
	<i>Coaches Professional Development</i>	
9:45 AM	UNLEASHED MASTER CLASS	
11:00 AM	Master Class Showcase	Perform for camp!
11:15 AM	Game Day Implementation	Learn the Big 3 to be Game Day Ready!
11:45 AM	Cool Down	Stretch and cool down body before afternoon break
11:55 AM	Team Time	Team bonding with buddy instructor
12:15 PM	LUNCH	
1:30 PM	Style Routines - Class 2	Coaches inform dancers which routine to attend
2:45 PM	Top Gun - Kicks	Individual competition highlighting technical skills
3:10 PM	Top Gun - Leaps & Jumps	Individual competition highlighting technical skills
3:30 PM	Style Routines Review - Class 2	Review routine w/ instructor
	<i>Coaches' Professional Development: Swap Shop</i>	
4:00 PM	Top Gun - Turns; Hip Hop	Individual competition highlighting technical skills
4:45 PM	Cool Down	Stretch and cool down body before afternoon break
5:00 PM	DINNER	
6:45 PM	Style Routine Review - Class 1	Review routine w/ instructor
7:30 PM	Improv Session	Release with freestyle movement
7:40 PM	Team Time	Team building to finish Day 2
8:00 PM	Closing	
8:15 PM	All-American Nominees Routine	
Time	Class	Notes
8:15 AM	Warm Up	Final warm up before evaluations
	<i>Coaches Meeting</i>	
8:35 AM	Specialty Technique	Coaches inform dancers which session to attend
9:00 AM	Team Time	Meet with buddy one final time
9:15 AM	Evaluations:	Perform for friends & family!
	<i>Style Routines - Class 1</i>	
	<i>All-American Audition</i>	
	<i>Class 2 Showcase</i>	
11:30 AM	Final Awards/ Closing	THANKS FOR COMING TO CAMP!

DAY 1

DAY 2

DAY 3



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IS WORTH IT.®

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