



AUDITION PREP CLINIC

*Schedule Subject to Change

Time	Class	Notes
12:00 PM	Introductions	
12:15 PM	Audition Prep	Do's and don'ts of how to conduct yourself at an audition
12:45 PM	Warm Up	Cardio mixed with static & dynamic stretching!
1:15 PM	Specialty Technique	Work on technical elements seen at most auditions
2:15 PM	Freestyle/Improv	Best ways to showcase your strengths with improv movement
2:45 PM	Cool Down	Stretch and cool down body before afternoon break
3:00 PM	LUNCH	
3:30 PM	Choreography Training	Tips on how to pick up choreography
3:55 PM	Style Routine	Use the choreography tips and learn an audition routine
4:55 PM	Pom Technique	Class focusing on technical elements chosen by coach
5:25 PM	Mock Audition	Take what you've learned and apply it to an audition simulation
5:45 PM	Coaches Meet & Greet	Network and learn about HS teams with your district
6:00 PM	Closing	

DAY 1

What to Expect:

- **Technical Development:** Learn and refine key technical skills, including leaps and jumps, turns, pom motions, etc.
- **Choreography Mastery:** Learn best practices on how to efficiently pick up choreography. Put those skills into practice by learning an NDA style routine to enhance your memorization, execution, and performance skills.
- **Mock Auditions:** Experience a simulated tryout process to feel confident under pressure.
- **Individual Feedback:** Receive personalized guidance from experienced NDA coaches to polish your skills.

Benefits of Attending:

- Gain valuable insight into what judges are looking for in tryouts
- Build confidence in performing in front of an audience and judges
- Enhance your versatility with training in multiple styles, including pom, jazz, and hip-hop
- Meet and connect with other dancers who share your passion and goals
- Prepare your body and mind for success with tips on stamina, choreography retention and performance quality

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OF DANCE

