



DAY CAMP - 3 DAY

2026

Hi:	Cell #:	*Schedule Subject to Change	
Time	Class	Notes	NFHS
9:00 AM	Opening Rally	Kick off by watching the staff perform!	C
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S
	<i>Coaches' Meeting</i>		
9:45 AM	Specialty Technique	Coaches inform dancers which session to attend	S
10:30 AM	Team Dance - Part 1	Learn routine as team incorporating all styles	A
12:00 PM	Cool Down	Stretch and cool down body before afternoon break	S
12:05 PM	Meet your Buddy	Rely on your buddy throughout camp for any questions!	B
12:15 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet	B
12:20 PM	Team Time	Team Building before afternoon break	B
12:35 PM	LUNCH		
2:05 PM	Home Routine Evaluations (opt.)	Optional performance of routine learned prior to camp	E
2:35 PM	Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!	A
3:35 PM	Top Gun - Kicks; Leaps & Jumps	Individual competition highlighting technical skills	C
4:20 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing	S
4:25 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!	
4:35 PM	NFHS - Athlete	Complete page in NFHS booklet	B
4:40 PM	Team Time	End the day with Team Building	B
5:00 PM	Closing	Team Leaders/ Coaches meet with Staff	
	Team Leader/Coaches Meet & Greet		L
Time	Class	Notes	
8:15 AM	Leaders-In-Training	Leadership Class for Team Leaders	L
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S
	<i>Coaches' Meeting</i>		
9:30 AM	Specialty Technique	Coaches suggest to dancers which session to attend	S
10:00 AM	Team Dance Review	Review group routine learned yesterday	A
10:30 AM	Style Routines - Class 1	Coaches inform dancers which routine to attend	A
11:45 AM	NFHS - Crowd Leader	Complete page in NFHS booklet	B
11:50 AM	Custom Coaching - Group A	Group B - Practice Time	A
12:20 PM	LUNCH		
1:20 PM	Custom Coaching - Group B	Group A - Practice Time	A
1:50 PM	Style Routines - Class 2	Coaches suggest to dancers which routine to attend	A
	<i>Coaches' Professional Development: Coaching Generation Z</i>		
3:05 PM	Top Gun - Turns; Hip Hop	Individual competition highlighting technique & style	C
3:50 PM	Style Routine Review - Class 1	Review routine with instructor	A
4:20 PM	Improv Session	Take time to release with freestyle movement	S
4:25 PM	NFHS - Entertainer	Complete page in NFHS booklet	B
4:30 PM	Team Time	Team building to end FUNNER day	B
4:45 PM	Nightly Awards	Spirit Sticks & nightly awards	R
5:00 PM	Closing		
Time	Class	Notes	
8:15 AM	Leaders-In-Training	Leadership Class for Team Leaders	L
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S
	<i>Coaches' Professional Development</i>		
9:30 AM	Specialty Technique	Coaches inform dancers which routine to attend	S
10:15 AM	Style Routine Review - Class 1 & 2	Final review with instructor before individual evaluations	A
11:05 AM	Pursue Your Pathway - Group B	Customize this session to what your team needs	A
11:50 AM	LUNCH		
1:00 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs	A
1:45 PM	Evaluation Explanation	Final review of Team routine	
2:00 PM	Evaluations:	Perform and receive feedback on routines learned at camp	E
	Style Routines - Class 1&2		E
	Team Leader Circle of Winners		E
	Team Dance Circle of Winners		E
	All-American Auditions		E
3:45 PM	Final Awards		B
4:00 PM	Closing	THANKS FOR COMING TO CAMP!	

NFHS CREDENTIALING KEY:

B: Ambassador | **A:** Athlete | **C:** Crowd Leader | **E:** Entertainer | **R:** Spirit Raiser | **S:** Safety | **L:** Leader

CELEBRATING
50 YEARS
OF DANCE

