



ELITE OVERNIGHT - 4 DAY

2026

Featuring Master Instructor:

HI:

Cell #:

*Schedule subject to Change

Time	Class	Notes	NFHS	
1:00 PM	Opening Rally	Kick off by watching the staff perform the team dances!	C	DAY 1
1:15 PM	Warm Up	Cardio mixed with static & dynamic stretching	S	
	<i>Coaches Meeting</i>			
1:45 PM	Specialty Technique	Coaches inform which session to attend	S	
2:30 PM	Team Dance Part 1	Routine learned by whole team w/ all styles incorporated	A	
4:00 PM	Cool Down	Stretch and cool the body before breaking for dinner	S	
4:10 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!	B	
4:30 PM	DINNER	*Option to change into home routine costume/uniform		
6:00 PM	Home Routine Evaluations (opt.)	Teams receive feedback on a routine from home!	E	
6:30 PM	Team Dance Part 2	Finish learning routine - opportunity to qualify for Nationals	A	
7:30 PM	Improv Session	Release with freestyle movement	E	
7:40 PM	Style Routine Demos (Class 1 &2)	Preview the routines that will be offered tomorrow		
7:55 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet	B	
8:00 PM	Team Time	Get to know your buddy instructor!	B	
8:15 PM	Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor	L	
Time	Class	Notes	NFHS	
8:00 AM	Leaders-In-Training Class	Leaders must attend class if participating in TL run off	L	DAY 2
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretchin	S	
	<i>Coaches Meeting</i>			
9:15 AM	Specialty Technique	Coaches share with dancers which tech session to attend	S	
9:45 AM	Team Dance Review	Review routine as full camp	A	
10:15 AM	Style Routines - Class I	Team Leaders be sure to take Team Leader Routine	A	
11:45 AM	Cool Down	Stretch and cool the body before heading to lunch	S	
11:50 AM	NFHS - Athlete	Complete page in NFHS booklet	B	
11:55 AM	LUNCH			
1:30 PM	Style Routines - Class II	Coaches suggest to dancers which routine to attend	A	
3:00 PM	Top Gun - Kicks, Leaps & Jumps	Individual competition to highlight kicks, leaps, and jumps	C	
3:45 PM	Team Time	Team building activites	B	
3:55 PM	NFHS - Crowd Leader	Complete page in NFHS booklet	B	
4:00 PM	Custom Coaching Group A	Group B will have additional practice time	A	
4:30 PM	DINNER			
6:00 PM	Custom Coaching Group B	Group A will have additional practice time	A	
6:30 PM	Style Routine Review - Class I	A long review to help memory for style routines	A	
	<i>Coaches' Professional Development</i>			
7:00 PM	Style Routine Review - Class II		A	
7:30 PM	Improv Session	Release with freestyle movement	E	
7:40 PM	Team Time	Pin it Forward	B	
7:50 PM	Nightly Awards	Certificates & spirit sticks	B	
8:00 PM	Closing			

NFHS CREDENTIALING KEY:

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





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Time	Class	Notes	NFHS		
8:00 AM	Leaders-In-Training Class	Leaders must attend both classes if participating in run off	L	FUNNER DAY	
8:45 AM	Warm Up	Coaches share with dancers which tech session to attend	S		
<i>Coaches' Professional Development</i>					
9:05 AM	Game Day Implementation	Learn the Big 3 to be Game Day Ready!	R		
9:35 AM	UNLEASHED MASTER CLASS		A		
11:05 AM	Master Class Showcase	Feel free to record the routines!	E		
11:20 AM	Top Gun - Turns & Hip Hop	Individual competition to showcase hip-hop style	C		
12:05 PM	Cool Down	Stretch and cool the body before break	S		
12:10 PM	NFHS - Entertainer	Complete page in NFHS booklet	B		
12:15 PM	Pursue Your Pathway - Group A	Customize this session to with what your team needs	A		
1:00 PM	LUNCH				
2:30 PM	Pursue Your Pathway - Group B	Customize this session to with what your team needs	A		
3:15 PM	Style Routine Review - Class I	Review session to help prepare for evaluations	A		
<i>Coaches' Professional Development: Swap Shop</i>					
3:45 PM	Style Routine Review - Class II	Review session to help prepare for evaluations	A		
4:15 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor	E		
4:40 PM	Cool Down	Stretch and cool the body after an afternoon of dancing	S		
4:45 PM	NFHS - Spirit Raiser	Complete page in NFHS booklet	B		
4:50 PM	Evaluation Explanation	HI & staff will explain the evaluation process			
5:00 PM	DINNER				
6:30 PM	Evaluations	Individual evaluations on Class 1&2	E		
	<i>Style Routine Class 1&2</i>		E		
8:00 PM	Improv Session	Release with freestyle movement	E		
8:05 PM	NDA Dance Party! & Nightly Awards	Let loose evaluations are finished for the day!	R		
8:10 PM	Team Time	Finish the day with Team Building	B		
8:30 PM	Closing				
Time	Class	Notes	NFHS		
8:30 AM	Open Practice Time	Coaches this is a great time to fill out your survey!	A		DAY 4
9:00 AM	Team Time	Meet with your buddy for one final time	B		
9:15 AM	Evaluations	Performance of Team Dance and Team Leader run off	E		
9:45 AM	Team Leader Circle of Winners		E		
	Team Dance Circle of Winners		E		
	All-American Audition		E		
11:15 AM	Final Awards	Circle of Winners, All-American & Nationals Bids presented	B		
11:45 AM	Camp Closing	THANKS FOR COMING TO CAMP!			

CELEBRATING
**50 YEARS
OF DANCE**

