



# ELITE RESORT - 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	Tell dancers which tech. session and level of TD to attend		S	
	<i>Coaches Meeting</i>				
1:45 PM	Specialty Technique	See hand out from HI for technique classes offered		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	
4:05 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!		B	
4:30 PM	<b>DINNER</b>	<i>*Option to change into home routine costume/uniform</i>			
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	Top Gun - Kicks	Individual competition highlighting kick technique		C	
7:45 PM	Improv Session	Release with freestyle movement		E	
7:55 PM	Style Routine Demos - Class 1&2	Preview the routines that will be offered tomorrow			
8:10 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet		B	
8:15 PM	Team Time/ Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor		L	
Time	Class	Notes		NFHS	DAY 2
8:00 AM	Leaders-In-Training Class	Leaders must attend class if participating in TL run off		L	
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!		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 1	Team Leaders be sure to take Team Leader Routine		A	
11:45 AM	NFHS - Athlete	Complete page in NFHS booklet		B	
11:50 AM	Custom Coaching - Group A	Group B - Practice Time		A	
12:20 PM	<b>AFTERNOON BREAK (12:15-4:30)</b>				
4:30 PM	Custom Coaching - Group B	Group A - Practice Time		A	
5:00 PM	Style Routine - Class 2	Coaches share with dancers which class to attend		A	
6:30 PM	Top Gun - Leaps & Jumps	Individual competition highlighting technical skills		C	
6:45 PM	Style Routine Review - Class 1	A long review to help memory for style routines		A	
	<i>Coaches' Professional Development</i>				
7:15 PM	Style Routine Review - Class 2	A long review to help memory for style routines		A	
7:45 PM	Improv Session	Release with freestyle movement		E	
7:50 PM	NFHS - Crowd Leader	Complete page in NFHS booklet		B	
7:55 PM	Nightly Awards/Team Time	Certificates & spirit sticks/ Pin It Forward		B	
8:15 PM	Closing				
Time	Class	Notes		NFHS	FUNNER DAY
8:00 AM	Leaders-In-Training Class	Leaders must attend both classes if participating in run off		L	
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!		S	
	<i>Coaches' Professional Development</i>				
9:15 AM	Game Day Implementation	Coaches share with dancers which tech session to attend		R	
9:45 AM	<b>UNLEASHED MASTER CLASS</b>			A	
11:15 AM	Master Class Showcase	Feel free to record the routines!		E	
11:30 AM	Top Gun - Turns	Individual competition highlighting turn technique		C	
11:50 AM	Cool Down	Stretch and cool the body before afternoon break		S	
11:55 AM	NFHS - Entertainer	Complete page in NFHS booklet		B	
12:00 PM	Pursue Your Pathway - Group B	Customize this session to what your team needs		A	
12:45 PM	<b>AFTERNOON BREAK (12:00-4:00)</b>				
4:00 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs		A	
4:45 PM	Style Routine Review - Class 1	Last review before individual evaluations		A	
	<i>Coaches' Professional Development: Swap Shop</i>				
5:05 PM	Style Routine Review - Class 2	Last review before individual evaluations		A	
5:25 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor		E	
5:40 PM	Evaluation Explanation	Understanding the evaluation process			
5:45 PM	Evaluations			E	
	<i>Style Routines - Class 1 &amp; 2, All-American Audition</i>			E	
7:45 PM	NFHS - Spirit Raiser	Complete page in NFHS booklet		B	
8:00 PM	NDA Dance Party/ Team Time	Pin It Forward and certificates & spirit sticks		B	
Time	Class	Notes		NFHS	DAY 4
8:30 AM	Team Time	Meet with your buddy for one final time		B	
8:45 AM	Warm Up	Final warm up before evaluations		S	
9:15 AM	Top Gun - Hip Hop	Individual competition highlighting hip hop style		C	
9:30 AM	Open Practice Time	Coaches this is a great time to fill out your survey!		A	
10:00 AM	Final Day Evaluations	Performance of Team Dance and Team Leader run off		E	
	Team Leader Circle of Winners			E	
	Team Dance Circle of Winners			E	
11:30 AM	Camp Closing	THANKS FOR COMING TO CAMP!		B	

**NFHS CREDENTIALING KEY:**

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



The included number of meals may vary by location. (Breakfast, Lunch and Dinner) Please refer to online camp listings for more information