



HOME CAMP - 2 DAY

2026

Instructor:

Cell #:

*Schedule Subject to Change

Time	Class	Notes	NFHS	
11:30 AM	NDA Staff Meets with Coach			DAY 1
12:00 PM	Introductions	Rely on buddy throughout camp with any questions	B	
12:15 PM	Warm Up	Cardio mixed with static & dynamic stretching	S	
12:40 PM	Specialty Technique	Class focusing on technical skills chosen by coach	S	
1:25 PM	Team Dance - Part 1	Learn routine as team that incorporates all styles	A	
2:55 PM	Cool Down	Stretch and cool down body before afternoon break	S	
3:00 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet	B	
3:05 PM	Team Time	Team Building	B	
3:15 PM	AFTERNOON BREAK			
3:45 PM	Home Routine Evaluation	Optional performance of routine learned prior to camp	E	
4:00 PM	*Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!	A	
5:30 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance	A	
6:00 PM	Improv Session	Release with freestyle movement	E	
6:10 PM	NFHS - Athlete & Crowd Leader	Complete pages in NFHS booklet	B	
6:15 PM	Team Time	End the day with Team Building	B	
6:30 PM	Closing			
Time	Class	Notes		DAY 2
9:00 AM	Team Time	Start your day off with Team Building	B	
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
9:40 AM	Specialty Technique	Class focusing on technical skills chosen by coach	S	
10:10 AM	Style Routine - Class 1	Class focusing on specific style (jazz, hip hop, pom, etc.)	A	
11:40 AM	Team Dance Review	Review team routine learned yesterday	A	
12:20 PM	NFHS - Entertainer & Spirit Raiser	Complete page in NFHS booklet	B	
12:25 PM	Cool Down	Stretch and cool down body before afternoon break	S	
12:30 PM	LUNCH			
1:30 PM	*Team Dance Evaluation	Perform and receive feedback from buddy instructor	E	
	*All-American Audition		E	
2:00 PM	Style Routine - Class 2	Class focusing on specific style (jazz, hip hop, pom, etc.)	A	
3:30 PM	Custom Coaching / Review	Final review with instructor	A	
3:45 PM	*Parent Showcase	Perform for friends & family!	E	
4:00 PM	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

CELEBRATING
**50 YEARS
OF DANCE**

