



HOME CAMP - 3 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 your buddy instructor with any questions!		
12:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
12:35 PM	Specialty Technique	Class focusing on technical elements chosen by coach	S	
1:20 PM	Team Dance - Part 1	Learn routine as team incorporating all styles	A	
2:50 PM	Cool Down	Stretch and cool down body before afternoon break	S	
2:55 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet	B	
3:00 PM	Team Time	Team Building	B	
3:10 PM	AFTERNOON BREAK			
3:40 PM	Home Routine Evaluation	Optional performance of routine learned prior to camp	E	
3:55 PM	Team Dance - Part 2	Finish team dance - opportunity to qualify for Nationals!	A	
5:25 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance	A	
5:55 PM	Improv Session	Release with freestyle movement	E	
6:05 PM	NFHS - Athlete	Complete page in NFHS booklet	B	
6:10 PM	Team Time	End the day with Team Building	B	
6:30 PM	Closing			
	*Option to replace Team Dance with 2 Style Routines			
Time	Class	Notes		DAY 2
9:00 AM	Team Time	Start the day off with team building	B	
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
9:35 AM	Specialty Technique	Class focusing on technical elements chosen by coach	S	
10:05 AM	Style Routine - Class 1	Learn Routine focusing on style (jazz, pom, hip hop, etc)	A	
11:35 AM	Team Dance Review	Review routine learned yesterday	A	
12:05 PM	NFHS - Crowd Leader	Complete page in NFHS booklet	B	
12:10 PM	Cool Down	Stretch and cool down body before afternoon break	S	
12:15 PM	LUNCH			
1:15 PM	Style Routines - Class 2	Learn Routine focusing on style (jazz, pom, hip hop, etc)	A	
2:45 PM	Custom Coaching	Review routine with instructor	A	
3:15 PM	Style Routine Review - Class 1 & 2	Review routine with instructor	A	
3:40 PM	Improv Session	Release with freestyle movement	E	
3:45 PM	NFHS - Entertainer	Complete page in NFHS booklet	B	
3:50 PM	Team Time	Team building	B	
4:00 PM	Closing			
Time	Class	Notes		DAY 3
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
9:30 AM	Specialty Technique	Class focusing on technical elements chosen by coach	S	
10:00 AM	Style Routine - Class 3	Learn Routine focusing on style (jazz, pom, hh, etc)	A	
11:30 AM	Style Routine Review - Class 1&2	Review routines with instructor	A	
12:30 PM	Cool Down	Stretch and cool down body before afternoon break	S	
12:35 PM	NFHS - Spirit Raiser	Complete page in NFHS booklet	B	
12:40 PM	LUNCH			
1:40 PM	Custom Coaching/Review	Final review with instructor	A	
2:15 PM	*Individual Evaluations - Class 1 & 2	Receive individual feedback on routines learned	E	
2:45 PM	*Team Dance Evaluation	Perform and receive feedback from buddy	E	
3:15 PM	*All-American Audition		E	
3:45 PM	*Parent Showcase	Perform for friends & family	E	
4:00 PM	Closing	THANK YOU 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**

