



OVERNIGHT - 3 DAY

2026

Time	Class	Notes	NFHS	
1:00 PM	Opening Rally	Kick off by watching the staff perform!		DAY 1
1:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
	<i>Coaches Meeting</i>			
1:45 PM	Specialty Technique	Coaches share with dancers which tech session to attend	S	
2:30 PM	Team Dance - Part 1	Learn routine as team incorporating all styles	A	
4:00 PM	Cool Down	Stretch and cool down body before afternoon break	S	
4:05 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!	B	
4:15 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet	B	
4:20 PM	Team Time	Team Building	B	
4:35 PM	DINNER			
6:00 PM	*Home Routine Evaluations	Optional performance of routine learned prior to camp	E	
6:30 PM	Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!	A	
7:30 PM	Top Gun - Kicks; Leaps & Jumps	Individual competition focusing on technique	C	
8:00 PM	Improv Session	Release with freestyle movement	E	
8:05 PM	Style Routine Demos - Class 1&2	Watch staff perform routines for tomorrow!		
8:15 PM	NFHS - Athlete	Complete page in NFHS booklet	B	
8:20 PM	Team Time	End the day with Team Building	B	
8:30 PM	Closing	Team Leaders/ Coaches meet with Staff	L	
	Team Leader/Coaches Meet & Greet			
Time	Class	Notes	NFHS	
8:00 AM	Leaders-In-Training	Leadership class	L	FUNNER DAY
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
	<i>Coaches Professional Development</i>			
9:15 AM	Game Day Implementation Class	Learn the Big 3 to be Game Day Ready!	R	
10:00 AM	Team Dance Review	Review routine learned yesterday	A	
10:30 AM	Style Routines - Class 1	Coaches suggest to dancers which routine to attend	A	
12:00 PM	Cool Down	Stretch and cool down body before afternoon break	S	
12:05 PM	Custom Coaching - Group A	Group B - Practice Time	A	
12:35 PM	LUNCH			
2:00 PM	Custom Coaching - Group B	Group A - Practice Time	A	
2:30 PM	Style Routine - Class 2	Coaches suggest to dancers which routine to attend	A	
4:00 PM	Top Gun - Turns; Hip Hop	Individual competition to highlight turns & hip hop style	C	
4:30 PM	NFHS - Crowd Leader	Complete page in NFHS booklet	B	
4:35 PM	Team Time	Team Building with buddy instructor	B	
4:50 PM	Pursue Your Pathway - Group B	Customize this session to what your team needs	A	
5:35 PM	DINNER			
6:35 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs	A	
7:20 PM	Style Routine Review - Class 1	Review routine w/ instructor	A	
	<i>Coaches' Professional Development: Swap Shop</i>			
7:40 PM	Style Routine Review - Class 2	Review routine w/ instructor	A	
8:00 PM	Improv Session	Release with freestyle movement	E	
8:05 PM	NFHS - Entertainer	Complete page in NFHS booklet	B	
8:10 PM	NDA Dance Party!	End of day stress reliever	R	
8:20 PM	Team Time	Team building to close out Day 2	B	
8:30 PM	Closing			
Time	Class	Notes	NFHS	
8:30 AM	NFHS - Spirit Raiser	Complete page in NFHS booklet	B	DAY 3
	<i>Coaches Meeting</i>			
8:45 AM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor	E	
9:15 AM	Team Time	Meet with your buddy for one final time	B	
9:45 AM	Individual Evaluations	Perform & receive feedback from buddy instructor	E	
10:15 AM	Team Leader Circle of Winners	Perform & receive feedback from buddy instructor	E	
10:45 AM	Team Dance Circle of Winners	Perform & receive feedback from buddy instructor	E	
11:15 AM	All-American Auditions	Opportunity to make the All-American Team!	E	
11:45 AM	Final Awards/ 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**

