



OVERNIGHT - 4 DAY

2026

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 dancers 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		
4:05 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 Routines Demos	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	Closing/ Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor	L		
Time	Class	Notes			DAY 2
8:00 AM	Leaders-In-Training	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 inform dancers which session to attend	S		
10:00 AM	Team Dance Review	Review routine as full camp	A		
10:30 AM	Style Routines - Class I	Coaches inform dancers which routine to attend	A		
12:00 PM	Cool Down	Stretch and cool the body before heading to lunch	S		
12:05 PM	NFHS - Athlete	Complete page in NFHS booklet	B		
12:10 PM	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 activities	B		
4:00 PM	NFHS - Crowd Leader	Complete page in NFHS booklet	B		
4:05 PM	Custom Coaching Group A	Group B - practice time	A		
4:35 PM	DINNER				
6:05 PM	Custom Coaching Group B	Group A - practice time	A		
6:35 PM	Style Routine Review - Class I	A long review to help memory for style routines	E		
	<i>Coaches' Professional Development</i>				
7:05 PM	Style Routine Review - Class II	A long review to help memory for style routines	E		
7:25 PM	Improv Session	Release with freestyle movement	E		
7:35 PM	Style Routine Demos - Class III	Preview routines for Class III tomorrow			
7:55 PM	Team Time	Pin It Forward	B		
8:15 PM	Nightly Awards - Closing	Certificates & Spirit Sticks			

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	Leaders must attend both classes if participating in run off	L	FUNNER DAY
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching	S	
<i>Coaches' Professional Development & Swap Shop</i>				
9:15 AM	Game Day Implementation	Learn the Big 3 to be Game Day Ready!	R	
9:45 AM	Style Routine Review - Class I	Review session to help prepare for evaluations	A	
10:15 AM	Style Routine Review - Class II	Review session to help prepare for evaluations	A	
10:45 AM	Cool Down	Stretch and cool the body after an afternoon of dancing	S	
10:55 AM	NFHS - Entertainer	Complete page in NFHS booklet	B	
11:00 AM	Pursue Your Pathway - Group B	Customize this session to what your team needs	A	
12:00 PM	LUNCH			
1:30 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs	A	
2:30 PM	Top Gun: Turns & Hip Hop		E	
3:25 PM	Cool Down	Stretch and cool the body after an afternoon of dancing	S	
3:35 PM	Evaluation Explanation	Understanding the evaluation process		
3:40 PM	NFHS - Spirit Raiser	Complete page in NFHS booklet	B	
3:45 PM	Prime Time - Group B	Group A - practice time	A	
4:15 PM	DINNER			
5:45 PM	Prime Time - Group A	Group B - practice time	A	
6:15 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor	E	
6:45 PM	Evaluations	Style Routines Class I and II	E	
7:45 PM	Team Time		B	
8:00 PM	Nightly Awards	Pin It Forward and certificates & spirit sticks	B	
8:15 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	
	Team Leader Circle of Winners		E	
	Team Dance Circle of Winners		E	
	All-American Audition		E	
11:45 AM	Final Awards	Circle of Winners, All-American & Nationals Bids presented	R	
12:00 PM	Camp Closing	THANKS FOR COMING TO CAMP!		

CELEBRATING
50 YEARS
OF DANCE

