



PURSUE YOUR PATHWAY - 3 DAY

2025

Hi:	Cell #:	*Schedule Subject to Change	
Time	Class	Notes	NFHS
1:00 PM	Opening Rally	Kick off by watching the staff perform!	C
1:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!	S
	<i>Coaches Meeting</i>		
1:40 PM	Specialty Technique	Coaches share with dancers which tech session to attend	S
2:25 PM	Team Dance - Part 1	Learn routine as team incorporating all styles	A
3:40 PM	Cool Down	Stretch and cool down body before afternoon break	S
3:45 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet	B
3:50 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!	B
4:00 PM	PURSUE YOUR PATHWAY	Select a session to work one-on-one with NDA Staff	A
5:00 PM	DINNER		
6:15 PM	*Home Routine Evaluations	Optional performance of routine learned prior to camp	E
6:45 PM	Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!	A
7:45 PM	Improv Session	Release with freestyle movement	E
7:50 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!	
8:00 PM	NFHS - Athlete	Complete page in NFHS booklet	B
8:05 PM	Team Time	End the day with Team Building	B
8:15 PM	Closing	Team Leaders/ Coaches meet with Staff	L
	<i>Team Leader/Coaches Meet & Greet</i>		
Time	Class	Notes	NFHS
8:00 AM	Leaders-In-Training	Leadership class	L
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S
	<i>Coaches Professional Development</i>		
9:10 AM	Game Day Implementation Class	Learn the Big 3 to be Game Day Ready!	R
9:40 AM	Team Dance Review	Review routine learned yesterday	A
10:10 AM	Style Routines - Class 1	Coaches suggest to dancers which routine to attend	A
11:25 AM	NFHS - Crowd Leader	Complete page in NFHS booklet	B
11:30 AM	Cool Down	Stretch and cool down body before afternoon break	S
11:35 AM	LUNCH		
1:00 PM	PURSUE YOUR PATHWAY	Select a session to work one-on-one with NDA Staff	A
2:00 PM	Top Gun - Kicks; Leaps & Jumps	Individual competition to highlight turns & hip hop style	C
2:45 PM	Custom Coaching	Clean Team Dance with your Buddy Instructor	A
3:30 PM	Style Routine - Class 2	Coaches suggest to dancers which routine to attend	A
	<i>Coaches Swap Shop</i>		
4:45 PM	Team Time	Team Building with buddy instructor	B
5:00 PM	DINNER		
6:30 PM	Top Gun - Turns; Hip Hop	Individual competition focusing on technique	C
7:15 PM	Style Routine Review - Class 1	Review routine w/ instructor	A
7:35 PM	Style Routine Review - Class 2	Review routine w/ instructor	A
7:55 PM	Improv Session	Release with freestyle movement	E
8:00 PM	NFHS - Entertainer	Complete page in NFHS booklet	B
8:05 PM	NDA Dance Party!	End of day stress reliever	R
8:15 PM	Team Time	Team building to close out Day 2	B
8:30 PM	Closing		
Time	Class	Notes	NFHS
8:30 AM	Warm Up	Final warm up before evaluations	S
8:45 AM	NFHS - Spirit Raiser	Complete page in NFHS booklet	B
8:50 PM	Team Time	Meet with buddy one last time before evaluations	B
9:00 PM	Individual Evaluations	Perform & receive feedback from buddy instructor	E
9:45 PM	Team Leader Circle of Winners	Perform one last time for friends & family!	E
10:30 PM	Team Dance Circle of Winners		E
11:15 PM	All-American Auditions		E
12:00 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

