



RESORT - 4 DAY

2026

Time	Class	Notes	NFHS
1:00 PM	Opening Rally	Kick off by watching the staff perform the team dances!	
1:15 PM	Warm Up	Tell dancers which tech. session and level of TD to attend	S
	<i>Coaches Meeting</i>		
1:45 PM	Specialty Technique	See hand out from HI for technique classes offered	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	Dancers should change into home routine costume	
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	Top Gun - Kicks	Individual competition highlighting kick technique	C
7:45 PM	Improv Session	Release with freestyle movement	E
7:55 PM	Style Routine Demos - Class 1&2	Preview the routines that will be offered tomorrow	
8:10 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet	B
8:15 PM	Team Time/ Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor	L
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