NDA Unleashed CONVENTION

Featuring Master Instructor: **HI:** **Cell:** **2026**

Time	Class	Notes	NFHS	
1:00 PM	Opening Rally	Kick off by watching the staff perform!	C	DAY 1
1:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
	Coaches Meeting			
1:45 PM	Specialty Technique	Coaches inform dancers which session to attend	S	
2:30 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!	B	
2:45 PM	**UNLEASHED MASTER CLASS**		A	
4:00 PM	Master Class Showcase	Feel free to record routines!	E	
4:15 PM	Cool Down	Stretch and cool down body before afternoon break	S	
4:30 PM	**DINNER**			
6:00 PM	Solo/Duo/Trio/Ensemble Competition	Optional performance of routine learned prior to camp	E	
6:45 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!		
7:00 PM	Style Routines - Class 1		A	
8:05 PM	Class 1 Showcase	Feel free to record routines!	E	
8:15 PM	LIT Class	Leaders In Training Course	B	
8:30 PM	Closing			

Time	Class	Notes		
8:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	DAY 2
8:30 AM	Specialty Technique	Coaches inform dancers which session to attend	S	
	Coaches Professional Development			
9:15 AM	**UNLEASHED MASTER CLASS**		A	
10:30 AM	Master Class Showase	Perform for camp!	E	
10:45 AM	Unleashed Specialty Technique	Coaches inform dancers which session to attend	R	
11:15 AM	Cool Down	Stretch and cool down body befor afternoon break	S	
11:25 AM	LIT Class	Leaders In Training Course	B	
11:45 AM	**LUNCH**			
1:00 PM	Style Routines - Class 2	Coaches inform dancers which routine to attend	A	
2:15 PM	Top Gun - Kicks	Individual competition highlighting technical skills	C	
2:40 PM	Top Gun - Leaps & Jumps	Individual competition highlighting technical skills	C	
3:00 PM	Style Routines Review - Class 2	Review routine w/ instructor	A	
	Coaches' Professional Development: Swap Shop			
3:30 PM	Top Gun - Turns; Hip Hop	Individual competition highlighting technical skills	C	
4:15 PM	Cool Down	Stretch and cool down body befor afternoon break	S	
4:30 PM	**DINNER**			
6:15 PM	Style Routine Review - Class 1	Review routine w/ instructor	A	
7:00 PM	Improv Session	Release with freestyle movement	E	
7:10 PM	LIT Class	Leaders In Training Course	B	
7:30 PM	Closing			
7:45 PM	All-American Nominees Routine		A	

Time	Class	Notes		
8:15 AM	Warm Up	Final warm up before evaluations	S	DAY 3
	Coaches Meeting			
8:35 AM	Specialty Technique	Coaches inform dancers which session to attend	S	
9:00 AM	LIT Class	Leaders In Training Course	B	
9:15 AM	Evaluations:	Perform for friends & family!	E	
	Style Routines - Class 1		E	
	All-American Audition		E	
	Class 2 Showcase		E	
11:30 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

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