



WINNERS CIRCLE - 4 DAY

2026

Master Instructor: 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
1:20 PM	Warm Up	Cardio mixed with static & dynamic stretching	S	
	<i>Coaches Meeting</i>			
1:45 PM	Unleashed Specialty Technique	Coaches inform 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	
7:00 PM	Team Dance Part 2	Finish learning routine - opportunity to qualify for Nationals	A	
8:00 PM	Style Routine Demos (Class 1 & 2)	Preview the routines that will be offered tomorrow		
8:15 PM	NFHS - Introduction & Ambassador	Learn the importance of NFHS & complete page in booklet	B	
8:20 PM	Team Time	Get to know your buddy instructor!	B	
8:30 PM	Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor	L	
Time	Class	Notes	Column 1	
8:00 AM	Leaders-In-Training Class	Leaders must attend class if participating in TL run off	L	DAY 2
8:30 AM	Team Time	Team building activities	B	
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching	S	
	<i>Coaches Meeting & Scoring Seminar</i>			
9:10 AM	Unleashed Specialty Technique	Coaches share with dancers which tech session to attend	S	
9:40 AM	Team Dance Review	Review routine as full camp	A	
10:10 AM	Style Routines - Class I	Team Leaders be sure to take Team Leader Routine	A	
11:25 AM	Cool Down	Stretch and cool the body before heading to lunch	S	
11:35 AM	NFHS - Athlete	Complete page in NFHS booklet	B	
11:40 AM	LUNCH			
1:30 PM	UNLEASHED MASTER CLASS		A	
2:45 PM	Top Gun - Kicks, Turns, Leaps/Jumps	Individual competition to highlight kicks, leaps, and jumps	C	
4:15 PM	Team Time	Team building activities	B	
4:25 PM	NFHS - Crowd Leader	Complete page in NFHS booklet	B	
4:30 PM	Custom Coaching Group A	Group B will have additional practice time	A	
5:00 PM	DINNER			
6:30 PM	Custom Coaching Group B	Group A will have additional practice time	A	
7:00 PM	Style Routine Review - Class I	A long review to help memory for style routines	A	
	<i>Coaches' Professional Development</i>			
7:40 PM	Improv Session	Release with freestyle movement	E	
7:45 PM	Team Time	Pin it Forward	B	
8:05 PM	Nightly Awards	Certificates & spirit sticks	R	
8:15 PM	Closing			

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 Class	Leaders must attend both classes if participating in run off	L	FUNNER DAY
8:45 AM	Warm Up	Coaches share with dancers which tech session to attend	S	
<i>Coaches' Professional Development</i>				
9:05 AM	College Dance Team Prep	Learn what it takes to be on a College Dance Team!	R	
9:35 AM	UNLEASHED MASTER CLASS		A	
10:35 AM	Master Class Showcase	Feel free to record the routine!	E	
10:50 AM	Top Gun - Turns & Hip Hop	Individual competition to showcase hip-hop style	C	
11:50 AM	Cool Down	Stretch and cool the body before break	S	
11:55 AM	NFHS - Entertainer	Complete page in NFHS booklet	B	
12:00 PM	Pursue Your Pathway - Group A	Customize this session to with what your team needs	A	
1:00 PM	LUNCH			
2:30 PM	Pursue Your Pathway - Group B	Customize this session to with what your team needs	A	
3:30 PM	Style Routine Review - Class I	Review session to help prepare for evaluations	A	
<i>Coaches' Professional Development: Swap Shop</i>				
4:00 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor	E	
4:25 PM	Cool Down	Stretch and cool the body after an afternoon of dancing	S	
4:30 PM	NFHS - Spirit Raiser	Complete page in NFHS booklet	B	
4:35 PM	Evaluation Explanation	HI & staff will explain the evaluation process		
4:45 PM	DINNER			
6:15 PM	Evaluations	Individual evaluations on Class 1&2	E	
	<i>Style Routine Class 1&2</i>		E	
8:00 PM	NDA Dance Party!	Let loose evaluations are finished for the day!	R	
8:15 PM	Improv Session	Release with freestyle movement	E	
8:20 PM	Night Awards/Team Time	Pin It Forward and certificates & spirit sticks	B	
8:30 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
8:45 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			
11:30 AM	Final Awards	Circle of Winners, All-American & Nationals Bids presented	B	
12:00 PM	Camp Closing	THANKS FOR COMING TO CAMP!		

CELEBRATING
**50 YEARS
OF DANCE**

