



One Day Dance Camp

11:30 AM	REGISTRATION
12:00 PM	Staff Introductions
12:15 PM - A	<u>“Level Up 1”</u> Floor Progressions Tech. KICKS & TURN PREPS
12:45 PM - E	<u>“The Fan Experience”</u> Field Show Routine
1:45 PM - C	<u>S / R / M –</u> Stand Routines/ Ripples/ Marches
2:15 PM - A	<u>Style Routine –</u> HH, Pom, Jazz
3:00 PM – B/L/S	Beyond U: Squad Credentialing/ St. Jude
3:30 PM	** Personal Coaching Help Choose which dance you want to get your PCH on.
4:15 PM - E	Dance Routine Evaluations
4:30PM - L	Coaches & Leadership Goal Setting
4:45 PM – C/R	5 th Quarter <u>S / R / M</u> Stand Routines/ Ripples/ Marches
5:30 PM - B	<u>Wind Down” – Body Cool Down</u> Mentor Meeting Material Review
6:00 PM	Daily Awards

*** IF CAMP IS AN AM CAMP YOUR CAMP WILL BEGIN AT 9:00 AM AND END AT 4:00 PM AND DONE WITHIN THE SAME TIME INCREMENTS*

NFHS KEY: C-Crowd Leader B-Ambassador R-Spirit Raiser S-Safety A-Athlete E-Entertainer L-Leadership

