

# UDA COLLEGE HOMECAMP SAMPLE SCHEDULE

## TWO DAY COLLEGE HOME CAMP

### DAY 1

12:00 Warm Up/Stretch  
12:30 Technique Class  
1:30 Learn Routine #1  
3:00 Break  
3:30 Learn Routine #2  
5:00 Review Routine #1  
5:30 Review Routine #2  
6:00 Cool Down/Teambuilding  
6:30 Dismissal

### DAY 2

9:00 Warm Up/Stretch  
9:30 Technique Class  
10:30 Learn Routine #3  
12:00 Lunch Break  
1:00 Gameday Class: Timeout  
2:00 Technique Class  
3:00 Break  
3:15 Review Routine #1  
3:30 Review Routine #2  
3:45 Review Routine #3  
4:00 Review Timeout  
4:15 Team Building  
4:45 Dismissal

## THREE DAY COLLEGE HOME CAMP

### DAY 1

12:00 Warm Up/Stretch  
12:30 Technique Class  
1:30 Learn Routine #1  
3:00 Break  
3:30 Learn Routine #2  
5:00 Review Routine #1  
5:30 Review Routine #2  
6:00 Cool Down/Teambuilding  
6:30 Dismissal

### DAY 2

9:00 Warm Up/Stretch  
9:30 Gameday Class: Timeout  
10:30 Review Routine #1  
11:00 Review Routine #2  
11:30 Lunch Break  
12:30 Learn Routine #3  
2:00 Technique Class  
3:00 Break  
3:15 Review Timeout  
3:45 Review Routine #3  
4:15 Cool Down/Teambuilding  
4:45 Dismissal

### DAY 3

9:00 Warm Up/Stretch  
9:30 Review Routine #3  
10:00 Learn Routine #4  
11:30 Final Timeout Review  
11:45 Lunch Break  
12:45 Technique Class  
1:45 Team Building  
2:15 Break  
2:30 Final Review- Routine #1  
2:45 Final Review- Routine #2  
3:00 Final Review- Routine #3  
3:30 Final Review- Routine #4  
4:00 Cool Down  
4:15 Dismissal