

# w. C Routine

## DAY 1

#### 10:00 Registration

-----

1:00pm Opening Session / Staff Introductions

2:00pm Game Day Class: Timeout

2:45pm Preview "A" Routines

3:00pm "A" Routines

4:15pm Dinner

5:40pm \*Home Routine Walk Through

6:15pm Home Routine Competition

6:45pm Game Day Explanation/Preview Performance

Routines

7:00pm Game Day Class: Game Situation (Sideline &

Review Timeout)

7:30pm Game Day Class: Performance Routines

8:00pm Team Leader

8:15pm Announcements/Dismissal

\*Depending on dinner times at different locations and size of camp, home routine walkthrough could happen before dinner for those teams participating in the home routine competition.

## DAY 2

7:00am Breakfast

8:30am Warm up / Preview "B" Routines

9:00am "A" Routine Review

9:30am "B" Routines

10:45am Gameday Class: PR Review

11:15am Lunch

1:00pm "C" Routing Previews

1:15pm "C" Routines

2:30pm Assign Team Technique Teams

2:45pm Team Technique Class / Open Practice

3:30pm Rotate Groups

4:15pm "B" Routine Review

4:45pm Dinner

6:00pm Gameday Evaluation Process/Assign Game Day

Private Coaching

6:15pm Gameday Private Coaching Group A/ Open Practice

6:45pm Gameday Private Coaching Group B/ Open Practice

7:15pm "C" Routine Review

7:45pm Team leader

8:00pm Announcements/Dismissal

### DAY 3

7:00am Breakfast

8:30am Routine and Gameday Open Practice

9:00am "A" Routine Evaluations

9:45am Gameday Evaluations

10:30am "B" & "C" Routine Showcase

11:15am UDA Final Awards

12:00pm Final Awards with UCA

1:00pm Dismissal

