



UDA College Spirit Camps – 3 Day Overnight



DAY ONE

9:00-12:00 pm	Registration:

1:00-1:45 pm	Opening Session
1:45-2:15 pm	Game Day Traditions w/ UCA
2:15-2:20 pm	Travel to Dance Room
2:20-2:35 pm	Warm Up
2:35-2:50 pm	Game Day Class: <i>Timeout Routine</i>
2:50-3:00 pm	Preview A Routines
3:00-4:30 pm	A Routines
4:30-6:00 pm	Dinner
6:00-6:15 pm	Home Routine Walk Through
6:15-6:30 pm	Home Routine Competition
6:30-6:45 pm	Game Day Explanation/Preview PR
6:45-7:15 pm	Game Day Class: <i>Game Situation Review Timeout</i>
7:15-7:45 pm	Game Day Class: <i>PR</i>
7:45-8:00 pm	PR Open Practice
8:00-8:15 pm	Team Leader
8:15 pm	Announcements/Dismissal

DAY TWO

7:00-8:00 am	Breakfast
8:30-9:00 am	Warm Up/Preview B Routines
9:00-9:30 am	A Routine Review
9:30-11:00 am	B Routines
11:00-11:15 am	Game Day Class: <i>PR Review</i>
11:15-12:45 pm	Lunch
12:45-1:00 pm	Optional Open Practice
1:00-1:30 pm	B Routine Review
1:30-2:00	B Routine Showcase
2:00-2:15 pm	Assign Team Technique Class
2:15-3:00	Team Technique Group A
3:00-3:45 pm	Team Technique Group B
3:45-4:00 pm	Game Day Class Recap: Game Situation/TO Review
4:00-4:30 pm	Game Day Class: PR Open Practice Review
4:30-4:45 pm	A Routine Review
4:45-6:30 pm	Dinner
6:30-7:00 pm	A Routine Evaluations
7:00-7:45 pm	Game Day Private Coaching
7:45-8:00 pm	Teamleader
8:00-8:05 pm	Announcements/Dismissal

DAY THREE

7:00-8:00 am	Breakfast
9:00-9:30 am	Game Day Open Practice
9:30-10:30 am	Game Day Evaluations
10:30-10:45 am	UDA Awards
10:45-11:00am	Travel to UCA Awards
11:00-11:30 am	Final Awards with UCA
11:30 am	Dismissal

Facilities: TBD

Coaches Classes: TBD

PR: TBD