



UDA College Spirit Camps – 4 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: *TO Routine*
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: *Game Situation Review Timeout*
7:15-7:45 pm Game Day Class: *PR*
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
9:00-9:45 am A Routine Review
9:45-11:15 am B Routines
11:15-11:30 am Game Day Class: *PR Review*
11:30-12:45 pm Lunch
12:45-1:00 pm Optional Open Practice
1:00-1:15 pm Assign Team Technique
1:15-2:00 pm Team Technique Group A
2:00-2:45 pm Team Technique Group B
2:45-3:00 pm Preview C Routines
3:00-4:30 pm C Routines
4:30-6:00 pm Dinner
6:00-6:15 pm Optional Open Practice
6:15-6:30 pm Team Leader
6:30-8:00 pm Master Class
8:00 pm Announcements/Dismissal

DAY THREE

7:00-8:00 am Breakfast
8:30-8:45 am Warm Up
8:45-9:15 am STEP UP
9:15-9:30 am Assign Team Technique #2
9:30-10:00am Team Technique Group A
10:00-10:30 am Team Technique Group B
10:30-11:00 am C Routine Review
11:00-11:30 am B Routine Review
11:30-12:00 am B & C Showcase
12:00-1:30 pm Lunch
1:30-2:00 pm Review A Routine
2:00-2:45 pm A Routine Evaluations
2:45-3:00 pm Game Day Evals Recap
3:00-3:15 pm Assign Game Day Private Coaching
3:15-3:45 pm Game Day Private Coaching A
3:45-4:15 pm Game Day Private Coaching B
4:15-4:30 pm Team Leader
4:30 pm Announcements/Dismissal
4:35 pm Dinner

DAY FOUR

7:00-8:00 am Breakfast
9:00-9:30 am Game Day Open Practice
9:30-10:20 am Game Day Evaluations
10:20-10:45 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