



1-to-1 UDA Camp

DAY 1

- 9:00am Registration
- 12:15pm UDA Routine Sneak Peek
(Coaches and Captains only)
- 1:00pm UDA Camp Kick Off
- 1:30pm Warm Up/Line Dance
- 2:00pm A Routine (Full Routine)
- 3:45pm Optional Home Routine Walk
Through
- 4:45pm Dinner
- 6:30pm Home Routine Evaluations
- 7:15pm Drill Downs
- 7:30pm A Routine Review
- 8:00pm Team Leader/Team Building
- 8:25pm Announcements
- 8:30pm UDA Sneak Peek for Day 2
(Coaches and Captains only)

DAY 2

- 7:00am Breakfast
- 8:00am All-American Meeting
- 8:30am Warm Up
- 9:00am Team Technique Class 1/Open
Practice
- 9:30am Rotate Groups
- 10:00am B Routine (Full Routine)
- 11:30am Lunch
- 1:15pm Link Up Seminars (add 4 more
classes)
- 1:45pm Tech Connect (smaller ratio)
- 2:30pm Drill Downs
- 3:00pm Personalized PR
- 4:30pm Dinner
- 6:30pm B routine Review
- 7:00pm Personalized PR Review
- 7:30pm Cool Down
- 7:45pm Team Leader/Team Building
- 8:00pm Announcements/Optional Open
Practice w/ Coach

DAY 3

- 7:00am Breakfast
- 8:00am All-American Meeting
- 8:30am Tailored Technique Group A/Open
Practice
- 9:15am Rotate Groups
- 10:00am Set Your Sidelines
- 10:45am Personalized PR Review
- 11:15am Show Personalized PR Routines
- 11:45am Lunch
- 1:30pm All-American Evaluations
- 2:15pm Gatorade Break
- 2:30pm A Routine Review
- 3:15pm B Routine Review
- 4:00pm Drill Downs
- 4:15pm Mock Evaluations
- 4:30pm Dinner
- 6:30pm CRAZY NIGHT
- 7:30pm Team Leader/Team Building
- 8:00pm UDA All-American Selection
Announcements
- 8:15pm Optional 30 Minute Open Practice
w/ Coach

DAY 4

- 7:00am Breakfast
- 8:30am Warm Up
- 9:00am Quick Review of A and B Routines
- 9:30am A and B Routine Evaluations
- 10:45am Break
- 11:00am Final Drill Downs
- 11:30am Final Awards

