



UDA College Spirit Camps- 3 Day Home Camp 🗥





DAY ONE				
12:00	Warm Up/Stretch			
	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 TWO		DAY	THR	EE
9:00	Warm Up/Stretch	9:0	0	Warm Up/
9:30	Gameday Class: Timeout/PR	9:3	0	Review Ro
10:30	Review Routine #1	10:0	00	Learn Rou
11:00	Review Routine #2	11:3	30	Final Gam
11:30	Lunch Break	11:4	15	Lunch Bre
12:30	Learn Routine #3	12:4	15	Technique
2:00	Technique Class	1:4	5	Team Buil
3:00	Break	2:1	5	Break
3:15	Review Timeout/PR	2:3	0	Final Revi
3:45	Review Routine #3	2:4	5	Final Revi
4:15	Cool Down/ Teambuilding	3:0	0	Final Revi
4:45	Dismissal	3:3	0	Final Revie
		4:0	0	Cool Dowr
		4:1	5	Dismissal

DAY THREE		
9:00	Warm Up/Stretch	
9:30	Review Routine #3	
10:00	Learn Routine #4	
11:30	Final Gameday 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	