



# UDA College Spirit Camps- 3 Day Home Camp



## DAY ONE

- 12:00 Warm Up/Stretch
- 12:30 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

- 9:00 Warm Up/Stretch
- 9:30 Gameday Class: *Timeout/PR*
- 10:30 Review Routine #1
- 11:00 Review Routine #2
- 11:30 Lunch Break
- 12:30 Learn Routine #3
- 2:00 Technique Class
- 3:00 Break
- 3:15 Review *Timeout/PR*
- 3:45 Review Routine #3
- 4:15 Cool Down/ Teambuilding
- 4:45 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
- 4:15 Dismissal