



2024 Traditional Overnight Camp Schedule

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 Performance Routine
- 3:30pm Optional Home Routine Walk
Through
- 4:30pm Dinner
- 6:00pm Home Routine Evaluations
- 6:40pm Game Day Stations
- 7:00pm Drill Downs
- 7:15pm Performance Routine Review
- 7:45pm Team Leader/Team Building
- 8:10pm Announcements
- 8:15pm 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/
Performance Routine Open Practice
- 9:30am Rotate Groups
- 10:00am A Routine
- 11:45am Lunch
- 1:30pm Link Up Seminars
- 2:00pm Tech Connect
- 2:45pm B Routine
- 4:30pm Dinner
- 6:15pm Performance Routine Private
Coaching/Open Practice
- 6:45pm Rotate Groups
- 7:15pm Drill Downs
- 7:45pm Cool Down
- 8:00pm Team Leader/Team Building
- 8:30pm Announcements/Optional Open
Practice with Coach

DAY 3

- 7:00am Breakfast
- 8:00am All-American Meeting
- 8:30am Warm Up
- 9:00am Team Technique Class 2/
Open Practice
- 9:30am Rotate Groups
- 10:00am A Routine Review
- 10:45am B Routine Review
- 11:30am Mock Evaluations
- 11:45am Lunch
- 1:30pm All-American Evaluations
- 2:00pm Performance Routine Open Practice
- 2:30pm Performance Routine Evaluations
- 3:15pm Gatorade Break
- 3:30pm Band Dance Class
- 4:15pm Drill Downs
- 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

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

