



BY VARSITY SPIRIT

1-to-1 UDA CAMP

SAMPLE SCHEDULE

		Day 1		Day 2		Day 3		Day 4
		9a-12p	Registration	7:00a	<i>Breakfast</i>	7:00a	<i>Breakfast</i>	7:00a
		12:15p	UDA Routine Sneak Peek (Coaches and Captains Only)	8:00a	A/L All-American Meeting	8:00a	A/L All-American Meeting	8:30a
		1:00p	UDA Camp Kick Off	8:30a	S Warm Up	8:30a	S Tailored Technique Group A / Open Practice	9:00a
		1:30p	S Warm Up/Line Dance	9:00a	S / Performance Routine Open Practice	9:15a	S Rotate Groups	9:30a
		2:00p	A Routine (Full Routine)	9:30a	S Rotate Groups	10:00a	R Set Your Sidelines	10:45a
		3:45p	E Optional Home Routine Walk Through	10:00a	A B Routine (Full Routine)	10:45a	A Personalized PR Review	11:00a
		4:45p	Dinner	11:45a	<i>Lunch</i>	11:15a	E Show Personalized PR Routines	11:30a
		6:30p	E Home Routine Evaluations	1:15p	— NEW Athlete Enrichment Class	11:45a	<i>Lunch</i>	
		7:15p	A Drill Downs	1:45p	— NEW Power in Performance	1:30p	E All-American Evaluations	
		7:30p	A Routine Review	2:30p	S Gatorade Break	2:15p	S Gatorade Break	
		8:00p	B Team Leader / Team Building	3:00p	A Personalized PR	2:30p	A Routine Review	
		8:25p	Announcements	4:30p	<i>Dinner</i>	3:15p	A B Routine Review	
		8:30p	UDA Sneak Peek for Day 2 (Coaches and Captains Only)	6:15p	A B Routine Review	4:00p	A Drill Downs	
				7:00p	A Personalized PR Review	4:15p	Mock Evaluations	
				7:30p	S Cool Down	4:30p	<i>Dinner</i>	
				7:45p	B Team Leader / Team Building	6:30p	R CRAZY NIGHT	
				8:00p	Announcements / Optional Open Practice with Coach	7:30p	B Team Leader / Team Building	
						8:00p	UDA All-American Selection / Announcements	
						8:15p	Optional Open Practice with Coach	