



BY VARSITY SPIRIT

TRADITIONAL OVERNIGHT CAMP

SAMPLE SCHEDULE

		Day 1		Day 2		Day 3		Day 4	
9a-12p	Registration	7:00a		Breakfast		7:00a		Breakfast	
12:15p	UDA Performance Routine → Sneak Peek (Coaches & Captains Only)	8:00a	A/L	All-American Meeting	8:00a	A/L	All-American Meeting	8:30a	S Warm Up
1:00p	UDA Camp Kick Off	8:30a	S	Warm Up	8:30a	S	Warm Up	9:00a	A Quick Review of A and B Routines
1:30p	S Warm Up/Line Dance	9:00a	S	Team Technique Class 1 / Performance Routine Open Practice	9:00a	S	Team Technique Class 2 / Open Practice	9:30a	E A and B Routine Evaluations
2:00p	Performance Routine	9:30a	S	Rotate Groups	9:30a	S	Rotate Groups	10:45a	Break
3:30p	E Optional Home Routine Walk Through	10:00a	A	A Routine	10:00a	A	A Routine Review	11:00a	A Final Drill Downs
4:30p	Dinner	11:45a	L	Lunch	10:45a	A	B Routine Review	11:30a	R Final Awards
6:00p	Home Routine Evaluations	1:30p	L	NEW Athlete Enrichment Class	11:30a	S	Mock Evaluations		
6:40p	R NEW Chant Wars	2:00p	R	NEW Drum Line Live	11:45a		Lunch		
7:00p	A Drill Downs	2:45p	A	B Routine	1:30p	E	All-American Evaluations		
7:15p	A Performance Routine Review - Staff	4:30p		Dinner	2:00p	A	Performance Routine Open Practice		
7:25p	B Performance Routine Review - Coach	6:15p	A	1 on 1 Coaching / Open Practice	2:30p	E	Performance Routine Evaluations		
7:45p	B Team Leader / Team Building	6:45p	A	Rotate Groups	3:15p	S	Gatorade Break		
8:15p	Announcements	7:15p	A	Drill Downs	3:30p	L	NEW Power in Performance		
8:30p	UDA A & B Routine Sneak Peek for Day 2 (Coaches and Captains Only)	7:45p	S	Cool Down	4:15p	A	Drill Downs		
		8:00p	B	Team Leader / Team Building	4:30p	R	Dinner		
		8:30p		Announcements / Optional Open Practice with Coach	6:30p	R	CRAZY NIGHT		
					7:30p	B	Team Leader / Team Building		
					8:00p		UDA All-American Selection / Announcements		
					8:15p		Optional Open Practice with Coach		