



TRADITIONAL OVERNIGHT CAMP

SAMPLE SCHEDULE

Day 1			Day 2			Day 3			Day 4		
9a-12p		Registration	7:00a		Breakfast	7:00a		Breakfast	7:00a		Breakfast
12:15p	J	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	C	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	A	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		Lunch	10:45a	A	B Routine Review	11:30a	R	Final Awards
6:00p	E	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	J	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		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			