



2020 DANCE (2 DAY- COMMUTER CAMP)

SCHOOL/TEAM: _____

DATES: _____

DAY ONE

- 8:00 am** Camp Registration
- 9:00 am** Welcome & Introductions
Warm-Ups/Conditioning
- 9:45 am** USA Camp Dance
- 11:00 am** Routine A (Session 1)
- 12:00 pm** LUNCH
- 1:00 pm** Warm-Ups/Conditioning
- 1:30 pm** Technique 1
- 2:30 pm** Routine B (Session 1)
- 3:30 pm** USA Camp Dance Review
TeamMaker
Team Up for St. Jude
- 4:15pm** Dismiss

DAY TWO

- 9:00 am** Warm-Ups/Camp Dance/TeamMaker
- 10:00 am** Routine A (Session 2)
- 11:00 am** Routine B (Session 2)
- 12:00 pm** LUNCH
- 1:00 pm** Choose Your Challenge
- 2:00 pm** Routine Review
- 3:00 pm** Routine Showcase
Super Sensational
- 3:45 pm** Closing & Awards
- 4:00 pm** Dismiss

Please see page 2 for class, routine
and evaluation descriptions.



Times and class titles are subject to change.

NFHS CREDENTIALING – 5 ROLES OF A DANCER

AMBASSADOR	ATHLETE	PERFORMER	ROLE MODEL	SPIRIT RAISER
TeamMaker Team Up For St. Jude Pin It Forward	Warm-Ups Technique Workshop Choose Your Challenge	Routine A & B Showcase	All-American SuperSensational	Team Work Awards TeamMaker



2020 DANCE TEAM CAMP DESCRIPTIONS

Camp Dance

This is an exciting and challenging routine that your team will learn together. It's a routine taught to an upbeat song with optional sections that vary in degree of difficulty. Your team will love learning and performing this as one!

Routines A & B

Dancers will spend 2 days with an instructor learning a routine to perform on the final days of camp. We encourage dancers to stay in their appropriate level but explore different styles of dance. The more you are able to divide your team, the more routines you have to take home to perform.

Choose Your Challenge

Work with a USA Instructor on a specialty of your choice! Each team selects a specialty they want to master at their level. Possible classes include jumps and leaps, turns, basic lifts and partnering/combinations, ballet, yoga, staging and formations, and across the floor progressions. This is always a dance camp favorite!

Technique

All levels of fundamental Jazz and Ballet technique are offered. Coaches will divide their team into the appropriate levels to ensure each dancer's success.

TeamMaker

This session is all about fun and teamwork. Dancers will learn to work together and have FUN!

SuperSensational

Dancers are recognized with ribbons for their effort, attitude, and performance in routine classes. Ribbon winners will perform the USA Camp Dance. Selected semi-finalists (**USA Dance All Americans**) perform an across-the-floor combination to showcase their technical abilities. The finalists perform their own personalized choreography during the Closing Ceremonies!

Routine Showcase

This showcase focuses on dancers gaining experience by performing routines in front of their peers. There are no evaluations, so dancers enjoy a stress-free and fun showcase, with family and friends welcomed as spectators.