



2020 DANCE VIRTUAL CAMP (1 DAY)

SCHOOL/TEAM: _____

DATES: _____

DAY ONE

8:45 am Coaches Check-In
 9:00 am Introductions/Warm Ups
 9:30 am Specialty Workshop
 10:00 am Material Review
 12:00 pm Wrap Up & Dismiss

CLASS OPTIONS

SPECIALTY WORKSHOP (SELECT 1 OPTION):

- Technique Class
- Team Building
- Game Day Class

Specialty Workshop Selection:

MATERIAL REVIEW

ROUTINES TO BE REVIEWED - 1 OR 2 ROUTINES (LIST SONG TITLES):

Routine 1 (1 hour): _____

Routine 2 (1 hour): _____

CLASS DESCRIPTIONS

TECHNIQUE CLASS

In this class, dancers will focus on the fundamentals and proper execution of dance technique (turns, kicks, leaps, etc.). Additional options include pom technique, flexibility, and/or drill technique. Class will advance according to the level of the student.

TEAM BUILDING

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

GAME DAY CLASS

In this class, teams will learn 3 Sideline Cheers and 1 Band Chant. Sideline Cheers are designed for football and basketball use. These can be performed sitting on the floor, in the stands, or standing on the sidelines. Short offensive, defensive, or general cheers that are typically one 8 count long that repeat. Usually performed in between plays. A band chant consists of Cheer/Dance moves set to short, traditional pieces of music that most bands play. Used both as a performance and a way to get the crowd cheering for the team. Moves can be incorporated into other music selections (if band arrangements are not used).

Times and class titles are subject to change.