



2023 Jr. High Dance Camp

NFHS KEY: C-Crowd Leader B-Ambassador R- Spirit Raiser S-Safety A-Athlete E-Entertainer L-Leadership

DAY 1

9:00am Camp Registration begins
LUNCH IS NOT PROVIDED
12:00pm Camp Registration Ends
12:30pm Arrive to main meeting area
1:00pm Opening Ceremonies
Warm-Ups & Conditioning
1:30pm USA Camp Dance
2:30pm **Director/Coaches Meeting**
Performance Routine A
3:30pm Drill Downs
4:30pm **DINNER**
6:30pm Showtime USA Home Routine Showcase
7:00pm Camp Dance Review & All American Preview
8:00pm TeamMaker Unity Workshop & Games
8:30pm All Camp Meeting

DAY 2

7:00am ***BREAKFAST**
8:30am Warm-Ups & Conditioning
USA Camp Dance Review
9:00am **Director/Coaches Meeting**
Technique
10:00am Performance Routine B
11:00am Performance Routine A2
11:30am **LUNCH**
1:00pm Officers/Captains Class / All American Routine
2:00pm Choose Your Challenge
3:00pm Performance Routine B2
4:00pm Drill Downs
4:30pm **DINNER**
6:30pm USA Camp Dance Review & Material Review
7:00pm TeamMaker Unity Workshop & Games
8:00pm Pin it Forward & St. Jude

DAY 3

7:00am ***BREAKFAST**
8:30am Warm-Ups & Conditioning
USA Camp Dance Review
9:00am **Director/Coaches Meeting**
Technique
10:00am Performance Routine A & B Review
10:30am Performance Routine A & B Showcase
11:30am All American Routine Showcase
Final Drill Down
Supersensational Finals
***Closing Awards Ceremony**

Friends and family are invited to camp on Day 3 beginning at 10:00 am.

Day 3 will end at approximately 12:00 pm depending on the camp size.

Class times and offerings may vary by camp location.

***BREAKFAST is not included at certain Resort/Hotel camp locations. Refer to the camp information on the MyVarsity portal or contact your State Director to inquire about a specific location.**