t association united spirit association unit



2024 College Dance 2 Day Home Camp Schedule

A-Athlete

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NFHS KEY: C-Crowd Leader

12:00 pm	Meet your Staff
12:15 pm	Warm-ups
12:30 pm	Technique
1:30 pm	Performance Routine A
3:00 pm	BREAK
3:30 pm	Media Routine
4:30 pm	Performance Routine B
6:00 pm	Review
6:30 pm	Dismiss

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S-Safety

R- Spirit Raiser

B-Ambassador

9:00 am	Warm-ups & Technique
9:30 am	Technique
10:30 am	Performance Routine A2
11:30 am	Media Routine
12:30 pm	LUNCH
1:30 pm	Choose Your Challenge
2:30 pm	Performance Routine B2
3:30 pm	Media Routine Review
4:00 pm	Camp Complete

E-Entertainer	L-Leadership
Please indicate your routine styles, Choose Your Challenge, team routine level and team technique level preference.	
Style Prefere	ence List
*ROUTINE	A:

Hip-Hop
Pom
*ROUTINE B: Jazz Hip-Hop Pom
*Choose Your Challenge Options: Technique Progressions Turn Combos Jumps & Leg Skills Improv Flexibility & Conditioning
*Team Technique Level Options: Beginning Intermediate Advanced Elite
*Media Routines Pom

□ Нір Нор