t association united spirit association unit



2024 Dance 2 Day Home Camp Schedule

NFHS KEY: C-Crowd Leader **B-Ambassador** R- Spirit Raiser S-Safety A-Athlete E-Entertainer L-Leadership Please indicate your routine styles, Choose Your Challenge, team routine level and team technique level DAY 1 DAY 2 preference. **Style Preference List *ROUTINE A:** 12:00 pm Meet your Staff TeamMate Warm-ups & Technique 9:00 am \Box lazz 12:15 pm Warm-ups Technique 9:30 am Hip-Hop 12:30 pm Technique Performance Routine A2 10:30 am Pom 1:30 pm Performance Routine A All American Routine & Evaluation 11:30 am ***ROUTINE B:** 3:00 pm BREAK Jazz LUNCH 12:00 pm Hip-Hop 3:30 pm Camp Dance Choose Your Challenge П 1:00 pm Pom 4:30 pm Performance Routine B 1:45 pm Camp Dance Review *Choose Your Challenge Options: 6:00 pm Team Building & Gold Games Technique Progressions Performance Routine B2 2:15 pm 6:30 pm Spirit Awards & Dismiss Turn Combos Performance Routines Showcase 3:30 pm Spirit Awards & Dismiss \Box Jumps & Leg Skills Improv 4:00 pm Camp Complete Flexibility & Conditioning *Team Technique Level Options: Beginning Intermediate П Advanced Elite *Team Routine Level Options:

- Beginning
- Intermediate
- Advanced
- Elite