



2024 Dance Team Camp

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

| DAY 1 | | DAY 2 | | DAY 3 | | DAY 4 | |
|--------------|--|--------------|--|--------------|--|--------------|--|
| 9:00am | Camp Registration begins | 7:00am | * BREAKFAST | 7:00am | * BREAKFAST | 7:00am | * BREAKFAST |
| | LUNCH IS NOT PROVIDED | 8:00am | All American Dance | 8:00am | All American Dance | 8:30am | Warm-Ups & Conditioning USA Camp Dance Review |
| 12:00pm | Camp Registration Ends | 8:30am | Warm-Ups & Conditioning USA Camp Dance Review | 8:30am | Warm-Ups & Conditioning USA Camp Dance Review | 9:00am | Director/Coaches Meeting Performance Routine B3 |
| 12:30pm | Arrive to main meeting area Preview of A routines | 9:00am | Director/Coaches Schedule Review Team Technique | 9:00am | Technique | 10:00am | Performance Routine B Showcase |
| 1:00pm | Director/Coaches Meeting Opening Ceremonies & Warm-ups Warm-Ups & Conditioning Go for Gold Dance | 10:00am | Performance Routine B | 10:00am | Performance Routine B2 | 10:30am | Choreography To Go: Team Routine Evaluation |
| 2:00pm | Camp Dance | 11:15am | Quarter Break Routines | 11:00am | Director/Coaches Schedule Review Choreography To Go: Team Routine 3 | 11:30am | Friendship Boot Vote Final Drill Down All American Finalists Supersensational Finals *Closing Awards Ceremony |
| 3:00pm | Choreography To Go: Team Routine 1 | 12:00pm | LUNCH | 12:00pm | LUNCH | | Friends and family are invited to camp on Day 4 beginning at 10:00 am. |
| 4:30pm | Drill Downs | 1:00pm | Officers/Captains Class | 1:00pm | Officers/Captain Class | | Day 4 will end at approximately 12:00 pm depending on the camp size. |
| 5:00pm | DINNER | 1:30pm | Performance Routine A2 | 1:30pm | Director/Coaches Meeting Performance Routine A3 | | Class times and offerings may vary by camp location. |
| 6:30pm | Showtime USA Home Routine Showcase | 2:30pm | Director/Coaches Meeting Choreography To Go: Team Routine 2 | 2:30pm | All-American Audition | | *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. |
| 7:00pm | Performance Routine A | 3:30pm | Choose Your Challenge | 3:30pm | Choose Your Challenge | | |
| 8:15pm | Camp Dance Review | 4:30pm | Team Building & Pin It Forward | 4:30pm | Drill Down | | |
| 8:45pm | Unity Workshop & Games Preview of B routines | 5:00pm | DINNER | 5:00pm | DINNER | | |
| | All Camp Meeting | | Free Time / Practice on own | 6:30pm | Performance Routine A Evaluation | | |
| | | | | 7:30pm | TeamMaker Unity Workshop & Goals Setting | | |
| | | | | 8:00pm | Team Night! Team Building & Pin It Forward | | |