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# 2025 Dance Team Camp

NFHS KEY:

B-Ambassador

A-Athlete

C-Crowd Leader

E-Entertainer

R- Spirit Raiser

S-Safety

L-Leader

## DAY 1

9:00am Camp Registration begins  
**LUNCH IS NOT PROVIDED**

12:00pm Camp Registration Ends

12:45pm Preview of A Routines  
 (Coaches & Officers/Captains)

1:00pm Opening Ceremonies (R)  
 Warm-Ups & Conditioning (S)  
**Director/Coaches Meeting**

2:00pm Camp Dance (A)

3:00pm Choreography To Go:  
 Team Routine 1 (A)

4:30pm Drill Downs (L)

5:00pm **DINNER**

6:30pm Showtime USA (E)  
 Home Routine Showcase

7:00pm Performance Routine A

8:15pm Camp Dance Review

8:45pm Unity Games (B)  
 Preview of B routines

9:00pm All Camp Meeting

## DAY 2

7:00am **BREAKFAST**  
**Spirit Dress Up Day**

8:00am All American Sign Up (B)

8:30am Warm Ups & Conditioning (S)  
 USA Camp Dance Review  
**Director/Coaches Meeting**

9:00am Technique (S)

10:00am Performance Routine B

11:15am Drill Downs (L)

12:00pm **LUNCH**

1:00pm Officers Workshop 1 (L)

1:30pm Performance Routine A2

2:45pm **Director/Coaches Workshop 1**  
 Choreography To Go:  
 Team Routine 2 (C)

4:00pm Quarter Break Routines  
 & Sidelines (C)

5:00pm **DINNER**

6:30pm Choose Your Challenge (A)  
 Choose Your Challenge (A)

7:30pm Unity Games (B)  
**Pin It Forward**

## DAY 3

7:00am **BREAKFAST**

8:00am All American Practice (B)

8:30am Warm Ups & Conditioning (S)  
 USA Camp Dance Review  
**Director/Coaches Meeting**

9:00am Technique (S)

10:00am Performance Routine B2  
**Coaches Corner**

11:00am Drill Downs (L)

11:30am **LUNCH**

1:00pm Officers Workshop 2 (L)

1:30pm **Director/Coaches Workshop 2**  
 Choreography To Go:  
 Team Routine 2 (C)

3:00pm All American Audition (E)

3:45pm Unity Workshop (B)

4:30pm **DINNER**

6:00pm Performance Routine A3

7:00pm Performance Routine A  
 Evaluation (E)

8:00pm Unity Games (B)  
**Pin It Forward**

## DAY 4

7:00am **BREAKFAST**

8:30am Warm-Ups & Conditioning (S)  
 USA Camp Dance Review  
**Director/Coaches Meeting**

9:00am Performance Routine B3

10:00am **USA Spectacular (E)**  
 Routine B Showcase  
 Choreography To Go:  
 Team Routine Evaluation  
 Final Drill Down  
 Supersensational Finals

12:00pm **Closing Awards Ceremony**

Friends and family are welcome to camp  
 on Day 4 beginning at 10:00 am.

Day 4 will end at approximately 12:00  
 pm depending on the camp size.

Class times and offerings may vary by  
 camp location.

**\*The number of meals included may vary  
 by location. (Breakfast, Lunch and  
 Dinner) Please refer to online camp  
 listings for more information.**



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