



2026 USA Dance Team Camp Schedule

DAY 1

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| 9:00am | Camp registration begins |
| | LUNCH IS NOT PROVIDED |
| 12:00 pm | Camp registration ends |
| 12:30 pm | Routine A Preview for Coaches & Captains |
| 1:00 pm | Opening Ceremonies (R) |
| 1:15 pm | Meet your Staff TeamMate! NFHS Credentialing Road Map Coaches Welcome |
| 1:30 pm | Warm-ups (S) |
| 2:00 pm | Camp Dance (A) |
| 3:00 pm | Choreography To Go: Team Routine 1 (A) |
| 4:15 pm | All Camp Meeting |
| 4:30 pm | Drill Downs (L) |
| 5:00 pm | DINNER |
| 6:30 pm | Showtime USA Evaluation (E) |
| 7:00 pm | Performance Routine A1 (A) |
| 8:15 pm | Camp Dance Review |
| 8:45 pm | Unity Games |

DAY 2

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| 7:00 am | * BREAKFAST |
| 8:00 am | Routine B Preview for Coaches & Captains |
| 8:15 am | All-American Sign Up (B) |
| 8:30 am | Warm-ups (S) Camp Dance Review (E) Coaches Meeting |
| 9:00 am | Technique (S) |
| 10:00 am | Performance Routine B1 (A) |
| 11:15 am | Drill Downs (L) |
| 12:00 pm | LUNCH |
| 1:00 pm | Officers Workshop 1 (L) |
| 1:30 pm | Performance Routine A2 |
| 2:45 pm | Choreography To Go: Team Routine 2 (C) Coaches Workshop 1 |
| 4:00 pm | Quarter Break Routines (C) |
| 5:00 pm | DINNER |
| 6:30 pm | Choose Your Challenge (A) |
| 7:30 pm | Unity Games Team Up for St. Jude & Pin It Forward (B) |

DAY 3

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|----------|--|
| 7:00 am | * BREAKFAST |
| 8:00 am | All-American Practice (B) |
| 8:30 am | Warm-ups (S) Camp Dance Review (E) Coaches Meeting |
| 9:00 am | Technique (S) |
| 10:00 am | Performance Routine B2 |
| 11:00 am | Drill Downs (L) |
| 11:30 am | LUNCH |
| 1:00 pm | Officers Workshop 1 (L) |
| 1:30 pm | Choreography To Go: Team Routine 2 (C) Coaches Workshop 2 |
| 2:30 pm | All-American Audition (E) |
| 3:45 pm | Unity Workshop |
| 4:30 pm | DINNER |
| 6:00 pm | Performance Routine A3 |
| 6:45 pm | Performance Routine A Evaluation (E) |
| 7:45 pm | Unity Games/Class Competition (R) |
| 8:15 pm | Pin It Forward (B) |

DAY 4

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| 7:00 am | *BREAKFAST |
| 8:30 am | Warm-ups (S) Camp Dance Review (E) Coaches Meeting |
| 9:00 am | Performance Routine B3 |
| 10:00 am | USA Spectacular (E) Routine B Showcase Choreography To Go: Team Routine Evaluation Final Drill Down Supersensational |
| 12:00 pm | Closing Awards Ceremony |
| | LUNCH IS NOT PROVIDED |
| | Friends and family are invited to camp on Day 4 beginning at 10:00 am to watch the USA Spectacular. Doors will open just prior to start promptly 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 |
| | *BREAKFAST is not included at certain Resort/Hotel camp locations. Refer to the camp information on the MyVarsity portal or contact your State Director. |

