



CUSTOM CAMP SAMPLE SCHEDULE

Day 1

| TIME | CLASS | LOCATION |
|---------|---|----------|
| 9:00am | Registration | |
| 12:15pm | UDA Routine Sneak Peek <i>(Coaches and Captains Only)</i> | |
| 1:00pm | UDA Camp Kick Off | |
| 1:30pm | Game Day Prep/Warm Up | |
| 2:00pm | "A" Routine | |
| 3:45pm | Optional Home Routine Walk Through | |
| 4:45pm | Dinner | |
| 6:30pm | Home Routine Evaluations | |
| 7:15pm | Drill Downs | |
| 7:30pm | "A" Routine Review | |
| 8:00pm | Team Leader / Team Building | |
| 8:25pm | Announcements | |
| 8:30pm | UDA Sneak Peek for Day 2 <i>(Coaches and Captains Only)</i> | |

Day 2

| TIME | CLASS | LOCATION |
|---------|--|----------|
| 7:00am | Breakfast | |
| 8:00am | All American Meeting | |
| 8:30am | Warm Up | |
| 9:00am | Team Technique Class 1/open practice | |
| 9:30am | Rotate Groups | |
| 10:00am | Custom Routine | |
| 11:30pm | Lunch | |
| 1:30pm | Custom Routine Review | |
| 3:00pm | #squadgoals | |
| 3:30pm | Drills to Skills | |
| 4:15pm | Dinner | |
| 5:45pm | "B" Routine | |
| 7:30pm | Cool Down | |
| 7:45pm | Team Leader/Team Building | |
| 8:15pm | Announcements/Optional Open Practice w/coach | |

Don't forget to visit the Spirit Shop!

Be sure to follow up on:

Twitter: @udanews Instagram: @udadance Facebook: /danceuda



CUSTOM CAMP SAMPLE SCHEDULE

Day 3

| TIME | CLASS | LOCATION |
|---------|--|----------|
| 7:00am | Breakfast | |
| 8:00am | All American Meeting | |
| 8:30am | Warm Up | |
| 9:00am | Team Technique Class 2/open practice | |
| 9:30am | Rotate Groups | |
| 10:00am | Custom Routine Review | |
| 11:00am | Show Custom Routines | |
| 11:30am | Lunch | |
| 1:30pm | All American Evaluations | |
| 2:15pm | Gatorade Break | |
| 2:30pm | "A" Routine Review | |
| 3:15pm | "B" Routine Review | |
| 4:00pm | Drill Downs | |
| 4:15pm | Mock Evaluations | |
| 4:30pm | Dinner | |
| 6:30pm | CRAZY NIGHT | |
| 7:30pm | Team Leader/Team Building | |
| 8:00pm | UDA All American Selection Announcements | |
| 8:15pm | Optional 30 Minute Open Practice w/coach | |

Day 4

| TIME | CLASS | LOCATION |
|---------|--------------------------------------|----------|
| 7:00am | Breakfast | |
| 8:30am | Warm Up | |
| 9:00am | Quick Review of "A" and "B" Routines | |
| 9:30am | "A" and "B" Routine Evaluations | |
| 10:45am | Break | |
| 11:00am | Final Drill Down | |
| 11:30am | Final Awards | |

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