

DAY CAMP SAMPLE SCHEDULES

2 DAY SAMPLE SCHEDULE	3 DAY SAMPLE SCHEDULE
<u>DAY 1</u>	<u>DAY 1</u>

<u>DAY 1</u>		<u>DAY 1</u>	
8:00	Check In - Registration	8:00	Check In - Registration
8:30	"A" and "B" Routine Preview	8:30	Performance Routine and "A" Routine Preview
8:45	UDA Camp Kick Off	8:45	UDA Camp Kick Off
8:50	Game Day Prep/Warm Up	8:50	Game Day Prep/Warm Up
9:15	"A" Routine	9:15	Performance Routine
11:00	Drill Downs	10:45	Drill Downs
11:15	Optional Home Routine Rehearsal	11:00	Optional Home Routine Rehearsal
11:30	Lunch	11:15	Lunch Break
12:45	Home Routine Evaluations	12:45	Home Routine Evaluations
1:00	"B" Routine	1:00	"A" Routine
2:45	Drills to Skills	2:45	Drills to Skills
3:30	#squadgoals	3:30	Performance Routine Review
4:00	Team Leader/Team Building	4:00	Team Leader/Team Building
4:25	Announcements	4:25	Announcements
4:30	All American Meeting	4:30	"B" Routine Preview
		4.30	D ROULINE FIEVIEW
DAY 2		DAV 2	
DAY 2 8:00	All American Meeting	DAY 2	All American Machine
	All American Meeting Warm Up	8:00	All American Meeting
8:00	•	8:00 8:30	Warm Up
8:00 8:30	Warm Up	8:00	-
8:00 8:30 9:00	Warm Up "A" Routine Review	8:00 8:30	Warm Up Performance Routine Private
8:00 8:30 9:00 9:45	Warm Up "A" Routine Review "B" Routine Review	8:00 8:30 9:00	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open
8:00 8:30 9:00 9:45 10:30	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice	8:00 8:30 9:00 9:30 10:00	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class
8:00 8:30 9:00 9:45 10:30 11:30	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice Mock Evaluations	8:00 8:30 9:00	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open
8:00 8:30 9:00 9:45 10:30 11:30	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice Mock Evaluations Lunch Team Building Quick Review of "A" &"B"	8:00 8:30 9:00 9:30 10:00	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open Practice
8:00 8:30 9:00 9:45 10:30 11:30 11:45 1:15	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice Mock Evaluations Lunch Team Building Quick Review of "A" &"B" Routines	8:00 8:30 9:00 9:30 10:00	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open Practice Rotate Groups
8:00 8:30 9:00 9:45 10:30 11:30 11:45 1:15 1:45	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice Mock Evaluations Lunch Team Building Quick Review of "A" &"B" Routines Break	8:00 8:30 9:00 9:30 10:00 10:30 11:00	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open Practice Rotate Groups Cool Down
8:00 8:30 9:00 9:45 10:30 11:30 11:45 1:15 1:45	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice Mock Evaluations Lunch Team Building Quick Review of "A" &"B" Routines Break All American Evaluations	8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:15	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open Practice Rotate Groups Cool Down Lunch Break
8:00 8:30 9:00 9:45 10:30 11:30 11:45 1:15 1:45	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice Mock Evaluations Lunch Team Building Quick Review of "A" &"B" Routines Break	8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:15 12:45	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open Practice Rotate Groups Cool Down Lunch Break "B" Routine
8:00 8:30 9:00 9:45 10:30 11:30 11:45 1:15 1:45	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice Mock Evaluations Lunch Team Building Quick Review of "A" &"B" Routines Break All American Evaluations Final Evaluations of "A" & "B"	8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:15 12:45 2:30	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open Practice Rotate Groups Cool Down Lunch Break "B" Routine Drill Downs
8:00 8:30 9:00 9:45 10:30 11:30 11:45 1:15 1:45 2:15 2:30 2:45	Warm Up "A" Routine Review "B" Routine Review Team Technique/Open Practice Mock Evaluations Lunch Team Building Quick Review of "A" &"B" Routines Break All American Evaluations Final Evaluations of "A" & "B" Routines	8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:15 12:45 2:30 2:45	Warm Up Performance Routine Private Coaching "A" Routine Review Team Technique Class 1/Performance Routine Open Practice Rotate Groups Cool Down Lunch Break "B" Routine Drill Downs Crazy Night!

8:30	Warm Up
9:00	Performance Routine Review
9:30	"A" Routine Review
10:00	"B" Routine Review
10:30	Mock Evaluations
10:45	Drill Downs
11:00	Team Leader/Team Building
11:30	Lunch
1:00	Team Technique Class 2/Open Practice
2:00	Quick Review of Performance Routine, "A" and "B" Routines
2:30	Break
2:45	All American Evaluations
3:00	Final Evaluations of Performance Routine, "A" and "B" Routines
4:15	Break
4:30	Final Drill Down
4:45	Final Awards

All American

DAY 3 8:00

Times are approximate and may vary based on facilities. Exact times will be given out during camp check in.