



## DAY CAMP SAMPLE SCHEDULES

### 2 DAY SAMPLE SCHEDULE

#### DAY 1

8:00	Check In - Registration
8:30	"A" and "B" Routine Preview
8:45	UDA Camp Kick Off
8:50	Game Day Prep/Warm Up
9:15	"A" Routine
11:00	Drill Downs
11:15	Optional Home Routine Rehearsal
11:30	Lunch
12:45	Home Routine Evaluations
1:00	"B" Routine
2:45	Drills to Skills
3:30	#squadgoals
4:00	Team Leader/Team Building
4:25	Announcements
4:30	All American Meeting

#### DAY 2

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

#### DAY 1

8:00	Check In - Registration
8:30	Performance Routine and "A" Routine Preview
8:45	UDA Camp Kick Off
8:50	Game Day Prep/Warm Up
9:15	Performance Routine
10:45	Drill Downs
11:00	Optional Home Routine Rehearsal
11:15	Lunch Break
12:45	Home Routine Evaluations
1:00	"A" Routine
2:45	Drills to Skills
3:30	Performance Routine Review
4:00	Team Leader/Team Building
4:25	Announcements
4:30	"B" Routine Preview

#### DAY 2

8:00	All American Meeting
8:30	Warm Up
9:00	Performance Routine Private Coaching
9:30	"A" Routine Review
10:00	Team Technique Class 1/Performance Routine Open Practice
10:30	Rotate Groups
11:00	Cool Down
11:15	Lunch Break
12:45	"B" Routine
2:30	Drill Downs
2:45	Crazy Night!
3:30	#squadgoals
4:00	Team Leader/Team Building
4:30	Announcements

#### DAY 3

8:00	All American
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

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