



TRADITIONAL OVERNIGHT 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	"Performance" Routine	
3:30pm	Optional Home Routine Walk Through	
4:30pm	Dinner	
6:15pm	Home Routine Evaluations	
7:00pm	Drill Downs	
7:15pm	"Performance" Routine Review	
7:45pm	Team Leader / Team Building	
8:10pm	Announcements	
8:15pm	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/Performance Routine open practice	
9:30am	Rotate Groups	
10:00am	"A" Routine	
11:45am	Lunch	
1:45pm	Drill to Skill	
2:30pm	#squadgoals	
3:00pm	Drill Downs	
3:15pm	"Performance" Routine Open Practice	
4:15pm	Dinner	
5:45pm	"B" Routine	
7:30pm	Cool Down	
7:45pm	Team Building/Team Leader	
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



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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	Drill Downs	
10:15am	Mock Evaluations	
10:30am	“Performance” Routine Private Coaching	
11:30am	Lunch	
1:15pm	All American Evaluations	
1:45pm	“Performance” Routine Evaluations	
2:45pm	Gatorade Break/Open Practice	
3:00pm	“A” Routine Review	
3:45pm	“B” Routine Review	
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 Downs	
11:30am	Final Awards	

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