



CLEANING CLINIC

3 HR

Instructor:

Cell #:

Schedule Subject to Change

8AM - 9AM REGISTRATION

TIPS & REMINDERS

9:00 Introductions

9:05 Warm Up

9:30 Show Routine

9:35 Cleaning Session 1

10:35 Team Technique Drills

11:00 Cleaning Session 2

11:45 Final Run

11:50 Recovery Stretch

12:00 Closing

Wear the costume you plan on performing in, or at least wear all black or something clean if your performance costume is not available yet. Wearing the actual performance costume can make a huge difference in the way a routine should be cleaned to best complement all aspects of the routine.

It's a great idea to **video each session** so the dancers can see the areas that still need more work, as well as the progress they've made throughout the day!

Invite family & friends to the **Final Run** to give the dancers practice in front of an audience!

Team Technique Drills - Customized by clinic according to requests; drill specific skills or elements that are performed by groups or the entire team during the routine

2018

nda.varsity.com



THE WORK IS WORTH IT.®