



RESORT

(AFTERNOONS OFF)

4 DAY

HI:

CELL #:

Schedule Subject to Change

DAY 1	DAY 2	FUN DAY	DAY 4
9AM - 12PM REGISTRATION	BREAKFAST	BREAKFAST	BREAKFAST
1:00 Opening Rally Introductions	8:00 Leaders-in-Training 8:45 Warm Up <i>Coaches' Professional Development</i>	8:00 Leaders-in-Training 8:45 Warm Up <i>Coaches' Professional Development</i>	8:30 Team Time / Warm Up 9:15 Top Gun - Hip Hop 9:30 Buddy Time / Open Practice Time 10:00 Evaluations: Team Leader Circle of Winners Team Dance Circle of Winners
1:15 Warm Up <i>Coaches' Meeting</i>	9:15 Specialty Technique 9:45 Team Dance Review 10:15 Style Routines - Class 1 (TL) 11:45 Custom Coaching - Group "A" Practice Time - Group "B"	9:15 Style Routines - Class 3 10:45 Showcase Class 3 11:00 Specialty Technique 11:30 NDA Prime Time - Group "B" TD Mock Evals w/ Buddy	11:30 Final Awards / Closing
1:45 Specialty Technique	LUNCH	LUNCH	CAMP GLOSSARY
2:30 Team Dance (TD) Part 1	12:00 - 4:30 Free Time / Open Practice Time	12:00 - 4:30 Free Time / Open Practice Time	Specialty Technique - Choose from categories focusing on one area such as flexibility, turns, leaps & jumps, lifts, hip hop skills, pom technique, kick technique & dance fundamentals
4:00 Cool Down	DINNER	DINNER	Team Dance - Routine consisting of Jazz, Pom, Kick & Hip Hop styles; Learned by the entire camp and perfected during Custom Coaching <i>Opportunity to qualify for Nationals</i>
4:05 Meet Your Buddy	4:30* Custom Coaching - Group "B" Practice Time - Group "A"	4:30* NDA Prime Time - Group "A" TD Mock Evals w/ Buddy	Home Routine - Perform any routine brought from home for an evaluation by NDA Staff <i>Opportunity to qualify for Nationals</i>
4:30 Afternoon Break	5:00 Style Routines - Class 2 6:30 Top Gun Leaps & Jumps	5:15 Top Gun - Turns 5:30 Style Routine Review - Class 1 <i>Coaches' Professional Development: Swap Shop</i>	Leaders-in-Training - Team leaders work on developing useful skills to implement throughout the year (TL) = <i>Team Leader Routine</i>
DINNER	6:45 Style Routine Review - Class 1 <i>Coaches' Professional Development: Coaching Generation Z</i>	5:50 Style Routine Review - Class 2 6:10 Evaluation Explanation 6:15 Evaluations: Style Routines - Class 1 Style Routines - Class 2 (optional) All-American Audition	Style Routine - Performance routines taught by staff varying in levels & styles; Class 3 will be Game Day focused
6:00* Home Routine Evaluations (optional)	7:15 Style Routine Review - Class 2 7:45 Style Routine Demos Class 3	NDA Dance Party!! Recovery Stretch Nightly Awards / Team Time	Top Gun - Fun competition in which an award is presented to one dancer in the following areas: kicks, leaps & jumps, turns & freestyle hip hop
6:30 Team Dance (TD) Part 2	8:00 Recovery Stretch 8:10 Nightly Awards Team Time	8:30 Closing	Fun Day! - Dress up as much or as little as you want for this crazy day at camp! <i>*Warm Up on own before session starts.</i>
7:30 Top Gun - Kicks	REMINDERS	REMINDERS	nda.varsity.com
7:45 Style Routine Demos - Class 1 & 2	Dress up for Fun Day tomorrow! Invite family & friends for Night 3 Evals & All-American Audition	Practice Team Dance one last time Invite family & friends for Final Evals & Awards Check out the NDA Spirit Shop!	2018
8:00 Recovery Stretch			
8:10 Team Time			
8:30 Closing Team Leader and Coaches' Reception			
REMINDERS			
Work as a team to create a Buddy Chant Invite family & friends for Home Routine Evals			



THE WORK IS WORTH IT.®