



RESORT (EVENINGS OFF)

4 DAY

HI:

CELL #:

Schedule Subject to Change

| DAY 1 | DAY 2 | FUN DAY | DAY 4 |
|--|---|--|--|
| 9AM - 12PM REGISTRATION | BREAKFAST | BREAKFAST | BREAKFAST |
| | 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 8:45 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 11:30 Final Awards / Closing |
| 1:00 Opening Rally Introductions 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" 12:15 Afternoon Break | 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 12:15 Afternoon Break | |
| 1:45 Specialty Technique 2:30 Team Dance (TD) Part 1 4:00 Cool Down 4:05 Meet Your Buddy 4:30 Afternoon Break | LUNCH | LUNCH | CAMP GLOSSARY |
| | 1:15* Custom Coaching - Group "B" Practice Time - Group "A" 1:45 Style Routines - Class 2 3:15 Top Gun - Leaps & Jumps 3:30 Style Routine Review - Class 1 <i>Coaches' Professional Development: Coaching Generation Z</i> | 1:15* NDA Prime Time - Group "A" TD Mock Evals w/ Buddy 2:00 Top Gun - Turns 2:15 Style Routine Review - Class 1 <i>Coaches' Professional Development: Swap Shop</i> | 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 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> Home Routine - Perform any routine brought from home for an evaluation by NDA Staff <i>Opportunity to qualify for Nationals</i> Leaders-in-Training - Team leaders work on developing useful skills to implement throughout the year (TL) = <i>Team Leader Routine</i> Style Routine - Performance routines taught by staff varying in levels & styles; Class 3 will be Game Day focused Top Gun - Fun competition in which an award is presented to one dancer in the following areas: kicks, leaps & jumps, turns & freestyle hip hop Fun Day! - Dress up as much or as little as you want for this crazy day at camp! *Warm Up on own before session starts. |
| DINNER | 4:00 Style Routine Review - Class 2 4:30 Style Routine Demos Class 3 4:40 Recovery Stretch 4:50 Nightly Awards Team Time 5:30 Closing | 2:40 Style Routine Review - Class 2 3:00 Evaluation Explanation 3:10 Evaluations: Style Routines - Class 1 Style Routines - Class 2 (optional) All-American Audition NDA Dance Party!! 5:00 Recovery Stretch 5:10 Nightly Awards / Team Time 5:30 Closing | |
| 6:00* Home Routine Evaluations (optional) 6:30 Team Dance (TD) Part 2 7:30 Top Gun - Kicks 7:45 Style Routine Demos Class 1 & 2 8:00 Recovery Stretch 8:10 Team Time 8:30 Closing Team Leader and Coaches' Reception | DINNER | DINNER | |
| | Free Time / Open Practice Time | Free Time / Open Practice Time | |
| REMINDERS | REMINDERS | REMINDERS | |
| Work as a team to create a Buddy Chant Invite family & friends for Home Routine Evals | 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! | |

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2018



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