



# ELITE RESORT

(AFTERNOONS OFF)

# 4 DAY

Featuring Master Instructor:

HI:

CELL #:

Schedule Subject to Change

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

# 2018



THE WORK IS WORTH IT.®