



DAY CAMP

IGNITE

HI:

CELL #:

Schedule Subject to Change

DAY 1	FUN DAY	DAY 3
8AM-9AM REGISTRATION	BREAKFAST	BREAKFAST
9:00 Opening Rally / Introductions 9:15 Warm Up <i>Coaches' Meeting</i> 9:45 Band Chant 10:15 Team Technique - Team Dance Skills 10:45 Ignite Team Dance - Part 1 11:25 Cool Down 11:30 Meet Your Buddy Team Time 12:00 Afternoon Break	8:30 Leaders-in-Training 9:00 Team Time 9:15 Warm Up <i>Coaches' Professional Development</i> 9:45 Band Chant Review 10:15 Ignite Team Dance Review 11:00 Specialty Technique 11:30 Custom Coaching - Group "A" Practice Time - Group "B" 12:00 Afternoon Break	8:30 Leaders-in-Training 9:00 Team Time 9:15 Warm Up <i>Coaches' Professional Development: Swap Shop</i> 9:45 Specialty Technique - Station 1 10:15 Specialty Technique - Station 2 10:45 Style Routines Review 11:30 Prime Time - Group "B" Practice Time - Group "A" 11:30 Afternoon Break
LUNCH	LUNCH	LUNCH
1:30* Home Routine Evaluations (optional) 1:45 Ignite Team Dance (TD) - Part 2 3:35 Band Chant Review 4:05 Recovery Stretch 4:15 Style Routine Demos 4:25 Team Time 4:45 Closing 5:00 Team Leader and Coaches' Reception	1:30* Custom Coaching - Group "B" Practice Time - Group "A" 2:00 Style Routines <i>Coaches' Professional Development: Coaching Generation Z</i> 3:30 Specialty Technique 4:00 Recovery Stretch 4:10 NDA Dance Party! Awards 4:30 Team Time 5:00 Closing	1:00* Prime Time - Group "A" Practice Time - Group "B" 1:30 Team Time 1:45 Ignite Team Dance - Final Review 2:30 Ignite Team Dance Evaluations All-American Audition Routines Showcase 4:00 Final Awards 4:30 Closing
REMINDERS	REMINDERS	<h1>2018</h1>
Work as a team to create a Buddy Chant Dress up for Fun Day tomorrow! Check out the NDA Spirit Shop!	Invite family & friends for Evals & Final Awards	
CAMP GLOSSARY		
Band Chant - Fun, visual routine that coordinates with Cheer so you can perform as an entire Spirit Program! Team Technique - Learn and perfect the skills used in the Ignite Team Dance Ignite Team Dance - Routine consisting of Jazz, Pom & Hip Hop styles; Learned by the entire camp and perfected during Custom Coaching & Prime Time	Home Routine Showcase - Perform any routine brought from home for practice performing in front of an audience! Leaders-in-Training - Team leaders work on developing useful skills to implement throughout the year Specialty Technique - Choose from skill stations focusing on one skill/area, such as pirouettes, toe touches, pom motions, leaps & dance fundamentals; Attend where you want to improve most!	Style Routines - Performance routines taught by staff varying in styles; options include Game Day material Fun Day! - Dress up as much or as little as you want for this crazy day at camp! *Warm Up on your own before session starts.
		nda.varsity.com



THE WORK IS WORTH IT.®