



OVERNIGHT

IGNITE

HI:

CELL #:

Schedule Subject to Change

DAY 1	FUN DAY	DAY 3
9AM - 12PM REGISTRATION	BREAKFAST	BREAKFAST
1:00 Opening Rally Introductions 1:15 Warm Up <i>Coaches' Meeting</i> 1:45 Band Chant 2:45 Team Technique - Team Dance Skills 3:15 Ignite Team Dance Part 1 3:55 Cool Down 4:00 Meet Your Buddy Team Time 4:30 Afternoon Break	8:30 Leaders-in-Training 9:00 Team Time 9:15 Warm Up <i>Coaches' Professional Development: Coaching Generation Z</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 9:45 Specialty Technique 10:15 Ignite Team Dance - Final Review 10:45 Ignite Team Dance Evaluations All-American Audition Routines Showcase 11:45 Final Awards 12:00 Closing
	LUNCH	CAMP GLOSSARY
	1:00 Custom Coaching - Group "B" Practice Time - Group "A" 1:30 Style Routines 3:00 Team Time 3:15 Band Chant Review 3:30 Specialty Technique 4:00 Prime Time - Group "A" Practice Time - Group "B" 4:30 Evening Break	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, traveling turns, 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! <i>*Warm Up on your own before session starts.</i>
DINNER	DINNER	
5:30 Home Routine Showcase (optional) 5:45 Ignite Team Dance - Part 2 6:30 Recovery Stretch 6:40 Style Routine Demos 6:45 Team Time 7:00 Closing Team Leader and Coaches' Reception	5:30 Prime Time - Group "B" Practice Time - Group "A" 6:00 Style Routines Review <i>Coaches' Professional Development: Swap Shop</i> 6:45 Recovery Stretch 6:55 NDA Dance Party! / Awards 7:15 Team Time 7:30 Closing	
REMINDERS	REMINDERS	
Work as a team to create a Buddy Chant Dress up for Fun Day tomorrow! Check out the NDA Spirit Shop!	Practice Team Dance Invite family & friends for Evals & Final Awards Check out the NDA Spirit Shop!	nda.varsity.com <h1>2018</h1>



THE WORK IS WORTH IT.®