



OVERNIGHT

3 DAY

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 Specialty Technique 2:30 Team Dance Part 1 4:00 Cool Down 4:05 Meet Your Buddy / Team Time 4:30 Afternoon Break	8:00 Leaders-in-Training 8:45 Warm Up <i>Coaches' Professional Development:</i> <i>Coaching Generation Z</i> 9:15 Specialty Technique 10:00 Team Dance Review 10:30 Style Routines - Class 1 (TL) 12:00 Cool Down 12:05 Afternoon Break	8:30 Team Time 8:45 Warm Up 9:15 Custom Coaching - Group "B" 9:45 Custom Coaching - Group "A" 10:15 Buddy Time / Open Practice Time 10:45 Evaluations: Team Leader Circle of Winners Team Dance Circle of Winners 11:45 Final Awards / Closing
DINNER	LUNCH	CAMP GLOSSARY
6:00* Home Routine Evaluations (optional) 6:30 Team Dance Part 2 7:30 Top Gun Kicks; Leaps & Jumps 8:00 Recovery Stretch 8:10 Style Routine Demos Class 1 & 2 8:20 Team Time 8:30 Closing Team Leader and Coaches' Reception	1:30* Style Routines - Class 2 3:00 Top Gun - Turns; Hip Hop 3:30 Team Time 3:45 Custom Coaching - Group "A" Practice Time - Group "B" 4:30 Evening Break	<p>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; Attend where you want to improve most!</p> <p>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></p> <p>Home Routine - Perform any routine brought from home for an evaluation by NDA Staff <i>Opportunity to qualify for Nationals</i></p> <p>Leaders-in-Training - Team leaders work on developing useful skills to implement throughout the year <i>(TL) = Team Leader Routine</i></p> <p>Style Routine - Performance routines taught by staff varying in levels & styles; Class 2 will be Game Day focused</p> <p>Top Gun - Fun competition in which an award is presented to one dancer in the following areas: kicks, leaps & jumps, turns & freestyle hip hop</p> <p>Fun Day! - Dress up as much or as little as you want for this crazy day at camp!</p> <p>*Warm Up on your own before session starts.</p>
REMINDERS	DINNER	REMINDERS
Work as a team to create a Buddy Chant Dress up for Fun Day tomorrow! Check out the NDA Spirit Shop!	6:00* Custom Coaching - Group "B" Practice Time - Group "A" 6:45 Style Routine Review - Class 1 <i>Coaches' Professional Development: Swap Shop</i> 7:15 Evaluations: Style Routine - Class 1 All-American Audition Showcase Class 2 NDA Dance Party!! / Awards 8:00 Recovery Stretch 8:10 Team Time 8:30 Closing	<p style="text-align: center;">nda.varsity.com</p> <h1 style="text-align: center;">2018</h1>
REMINDERS	REMINDERS	
Practice Team Leader Routine & Team Dance Invite family & friends for Evals & Final Awards Check out the NDA Spirit Shop!		



THE WORK IS WORTH IT.®