



DAY CAMP

3 DAY

HI:

CELL #:

Schedule Subject to Change

DAY 1		FUN DAY		DAY 3	
8AM-9AM REGISTRATION		BREAKFAST		BREAKFAST	
9:00	Opening Rally / Introductions	8:15	Leaders-in-Training	8:15	Leaders-in-Training
9:15	Warm Up <i>Coaches' Meeting</i>	9:00	Warm Up <i>Coaches' Professional Development</i>	9:00	Warm Up <i>Coaches' Professional Development</i>
9:45	Specialty Technique	9:30	Specialty Technique	9:30	Style Routines - Class 3
10:30	Team Dance (TD) - Part 1	10:00	Team Dance Review	11:00	Showcase - Class 3
12:00	Cool Down	10:30	Style Routines - Class 1 (TL)	11:15	Specialty Technique
12:05	Meet Your Buddy Team Time	12:00	Custom Coaching - Group "A" Practice Time - Group "B"	11:45	NDA Prime Time - Group "B" TD Mock Evals w/ Buddy
12:30	Afternoon Break	12:30	Afternoon Break	12:30	Afternoon Break
LUNCH		LUNCH		LUNCH	
2:00*	Home Routine Evaluations (optional)	1:30*	Custom Coaching - Group "B" Practice Time - Group "A"	1:30*	NDA Prime Time - Group "A" TD Mock Evals w/ Buddy
2:30	Team Dance (TD) - Part 2	2:00	Style Routines - Class II <i>Coaches' Professional Development: Coaching Generation Z</i>	2:15	Style Routine Review - Class 1 <i>Coaches' Professional Development: Swap Shop</i>
3:30	Top Gun - Kicks; Leaps & Jumps	3:30	Top Gun - Turns; Hip Hop	2:30	Style Routine Review - Class 2
4:15	Style Routine Demos - Class 1 & 2	4:15	Style Routine Review - Class 1	2:55	Evaluation Explanation
4:30	Recovery Stretch	4:45	Style Routine Demos - Class 3	3:00	Evaluations: Style Routines - Class 1 Style Routines - Class 2 (optional) Team Leader Circle of Winners Team Dance Circle of Winners All-American Audition
4:40	Team Time	5:00	Recovery Stretch	4:45	Final Awards / Closing
5:00	Closing / Open Practice Time Team Leader and Coaches' Reception	5:10	Team Time / Awards		
REMINDERS		5:30	Closing / Open Practice Time		
Work as a team to create a Buddy Chant Dress up for Fun Day tomorrow! Check out the NDA Spirit Shop!		REMINDERS			
		Invite family & friends for Evals & Final Awards			
CAMP GLOSSARY					
<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 & 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>Fun Day! - Dress up as much or as little as you want for this crazy day at camp!</p> <p>Style Routine - Performance routines taught by staff varying in levels & styles; Class 3 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><i>*Warm Up on your own before session starts.</i></p> <h1>2018</h1> <p>nda.varsity.com</p>	



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