



DAY CAMP

2 DAY

HI:

CELL #:

Schedule Subject to Change

DAY 1

FUN DAY

| 8AM - 9AM REGISTRATION | | CAMP GLOSSARY | | BREAKFAST | |
|------------------------|--|---|--|---|---|
| 9:00 | Opening Rally / Introductions | <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>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 2 will be Game Day material</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>*Warm Up on your own before session starts.</p> | 8:15 | Leaders-in-Training | <p>REMINDERS</p> <p>Invite family & friends for Evals & Final Awards Check out the NDA Spirit Shop!</p> <h1>2018</h1> |
| 9:15 | Warm Up <i>Coaches' Meeting</i> | | 9:00 | Warm Up <i>Coaches' Professional Development</i> | |
| 9:45 | Specialty Technique | | 9:30 | Specialty Technique | |
| 10:30 | Team Dance (TD) - Part 1 | | 10:00 | Team Dance Review | |
| 12:00 | Cool Down | | 10:30 | Style Routines - Class 2 | |
| 12:05 | Meet Your Buddy Team Time | | 12:00 | Custom Coaching - Group "A" TD Mock Evals w/ Buddy | |
| 12:30 | Afternoon Break | | 12:45 | Afternoon Break | |
| LUNCH | | | LUNCH | | |
| 1:30* | Home Routine Evaluations (optional) | | 1:45* | Custom Coaching - Group "B" TD Mock Evals w/ Buddy | |
| 1:45 | Team Dance (TD) - Part 2 | | 2:30 | Team Time | |
| 3:00 | Style Routine Demos Class 1 & 2 | | 2:45 | Style Routine Review - Class 1 <i>Coaches' Professional Development: Swap Shop</i> | |
| 3:15 | Style Routine - Class 1 | | 3:25 | Evaluation Explanation | |
| 5:00 | Recovery Stretch | 3:30 | Evaluations: Style Routines - Class 1 Style Routines - Class 2 (optional) Team Dance Circle of Winners All-American Audition | | |
| 5:10 | Team Time | 5:00 | Final Awards | | |
| 5:30 | Closing Team Leader and Coaches' Reception Open Practice Time | | Closing | | |

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