



DAY CAMP

1 DAY

HI:

Cell #:

Schedule Subject to Change

8AM - 9AM REGISTRATION	CAMP GLOSSARY
<p>9:00 Opening Rally Introductions</p> <p>9:15 Warm Up</p> <p>9:45 Specialty Technique <i>Coaches Meeting</i></p> <p>10:30 Team Dance - Part 1 or Style Routine - Class 1</p> <p>12:00 Cool Down</p> <p>12:05 Team Time</p> <p>12:15 Afternoon Break</p>	<p>Specialty Technique - Choose from categories focusing on one area such as turns, leaps & jumps, flexibility, lifts, hip hop skills, pom technique, kick technique & dance fundamentals; Attend where you want to improve the 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 NDA Nationals</i></p> <p>Style Routine - Performance routines taught by staff varying in levels & styles; can include Sidelines and Band Chant routines</p> <p>Team Time - Dancers will work with NDA Staff on fun team building activities.</p> <p>Cool Down & Recovery Stretch - Dancers will be lead in a series of static stretches to properly cool down their muscles after a long day of hard work.</p>
12:15PM - 1:15 PM LUNCH	TIPS & REMINDERS
<p>1:15* Team Dance - Part 2 or Style Routine - Class 2</p> <p>2:45 Custom Coaching or Style Routine Review - Class 1 & 2</p> <p>3:15 Evaluations: Team Dance or Style Routine - Class 1</p> <p>3:45 Recovery Stretch</p> <p>3:55 Team Time</p> <p>4:00 Closing</p>	<p>Preview routines online - Pick out which routines you want to learn before camp!</p> <p>Be sure dancers bring the correct footwear and accessories for each session so they're set up for success! (sneakers for hip hop, jazz shoes for turns, poms for pom technique/routines, It's a great idea to video and take notes on technique drills you love so you can implement them in your own practices! Videoing will also allow the dancers to see the progress they've made throughout the day!</p> <p>Don't forget to have parents fill out & sign Relase & Waiver Forms! And remember - No jewelry - Have dancers leave it at home!</p> <p style="text-align: center;">2018</p>
<p><i>*Warm up on your own before afternoon session starts.</i></p>	<p style="text-align: center;">nda.varsity.com</p>



THE WORK IS WORTH IT.®