



HOME CAMP

1 DAY

INSTRUCTOR:

CELL#:

*Schedule subject to change

11:30 *NDA Staff meets with Coach*

12:00 Introductions
Team Time

12:15 Warm Up

12:45 Specialty Technique

1:30 Team Dance - Part 1

or

Style Routine - Class 1

3:00 Cool Down

3:05 Team Time

3:15 Afternoon Break

3:15PM - 3:45 PM LUNCH

3:45 Team Dance - Part 2

or

Style Routine - Class 2

5:15 Custom Coaching

or

Style Routine Review - Class 1 & 2

5:45 *Evaluations:

Team Dance

or

Style Routine - Class 1

6:15 *Parent Showcase

6:30 Closing

Customize your days - This schedule can be reworked to fit your needs!

Preview routines online - Pick out which routines you want to learn before camp!

Specialty Technique - Choose from categories such as flexibility, turns, leaps & jumps, lifts, hip hop skills, pom technique, kick technique & dance fundamentals

Add-on Workshops - Ask your State Director about adding more time to your schedule for Leadership Classes, Team Bonding, Team Technique, Cleaning and/or Coaches Training!

Don't forget to fill out & sign **Release & Waiver Forms!**

No jewelry - Have dancers leave it at home!

2018

*optional

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