



# HOME CAMP

# 2 DAY

Instructor:

Cell #:

Schedule Subject to Change

## DAY 1

## DAY 2

DAY 1		TIPS & REMINDERS	DAY 2	
11:30	NDA Staff Meets with Coach	<p><b>Customize your days</b> - This schedule can be reworked to fit your needs!</p> <p><b>Specialty Technique</b> - Choose from categories such as flexibility, turns, leaps &amp; jumps, lifts, hip hop skills, pom technique, kick technique &amp; dance fundamentals</p> <p><b>Team Dance</b> - Routine consisting of Jazz, Pom, Kick &amp; Hip Hop styles; perfected during <b>Custom Coaching</b> and evaluated on the last day of camp</p> <p><i>Opportunity to qualify for Nationals</i></p> <p><b>Home Routine Evaluation</b> - Perform any routine your team has prepared before camp for an evaluation by NDA Staff</p> <p><i>Opportunity to qualify for Nationals</i></p> <p><b>All-American Audition</b> - NDA Staff will nominate dancers who excel in the areas of Leadership, Showmanship, Spirit and Technique to audition for the All-American Team on the last day of camp</p> <p><i>Opportunity for Individuals to qualify for Special Events</i></p> <p><b>Add-on Workshops</b> - Ask your State Director about adding more time to your standard schedule for Leadership Classes, Team Bonding, Team Technique, Cleaning Sessions and/or Coaches' Training!</p>	BREAKFAST	
12:00	Introductions		9:00	Team Time
12:15	Warm Up		9:15	Warm Up
12:45	Specialty Technique		9:45	Specialty Technique
1:30	*Team Dance - Part 1		10:15	Style Routine - Class 1
3:00	Cool Down		11:45	Team Dance Review
3:05	Team Time		12:25	Cool Down
3:15 - 3:45 Afternoon Break			12:30 LUNCH	
3:45	Home Routine Evaluation (optional)		1:30	*Team Dance Evaluation
4:00	*Team Dance - Part 2			*All-American Audition
5:30	Custom Coaching / Review	2:00	Style Routine - Class 2	
6:00	Recovery Stretch	3:30	Custom Coaching / Review	
6:10	Team Time	3:45	*Parent Showcase	
6:30	Closing	4:00	Closing	
*Option to replace Team Dance with 2 Style Routines		*optional		

# 2018



THE WORK IS WORTH IT.®