



HOME CAMP

4 DAY

Instructor:

Cell #:

Schedule Subject to Change

DAY 1	DAY 2	DAY 3	DAY 4
	BREAKFAST	BREAKFAST	BREAKFAST
11:30 NDA Staff Meets with Coach	9:00 Team Time	9:00 Team Time	9:00 Team Time
	9:15 Warm Up	9:15 Warm Up	9:15 Warm Up
12:00 Introductions	9:45 Specialty Technique	9:45 Specialty Technique	9:45 Specialty Technique
12:15 Warm Up	10:15 Style Routine - Class 1	10:15 Style Routine - Class 3	10:15 Style Routine - Class 5
12:45 Specialty Technique	11:45 Team Dance Review	11:45 Team Dance Review	11:45 Style Routines Review
1:30 *Team Dance - Part 1	12:25 Cool Down	12:25 Cool Down	12:25 Cool Down
3:00 Cool Down	12:30 LUNCH	12:30 LUNCH	12:30 LUNCH
3:05 Team Time	1:30 Style Routine - Class 2	1:30 *Team Dance Evaluation	1:30 *Individual Evaluations
3:15 - 3:45 Afternoon Break	3:00 Custom Coaching / Review	*All-American Audition	Class 1 & 2
3:45 Home Routine Evaluation (optional)	3:40 Recovery Stretch	2:00 Style Routine - Class 4	2:00 Style Routine - Class 6
4:00 *Team Dance - Part 2	3:50 Team Time	3:30 Custom Coaching / Review	3:30 Custom Coaching / Review
5:30 Custom Coaching / Review	4:00 Closing	3:45 Recovery Stretch	3:45 *Parent Showcase
6:00 Recovery Stretch		3:50 Team Time	4:00 Closing
6:10 Team Time		4:00 Closing	
6:30 Closing			
*Option to replace Team Dance with 2 Style Routines	*optional	*optional	*optional

2018

TIPS & REMINDERS

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

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

Team Dance - Routine consisting of Jazz, Pom, Kick & Hip Hop; perfected during **Custom Coaching** and evaluated on the last day of camp. *Opportunity to qualify for Nationals*

Home Routine Evaluation - Perform any routine your team has prepared before camp for an evaluation by NDA Staff. *Opportunity to qualify for Nationals*

All-American Audition - NDA Staff will nominate dancers who exhibit Leadership, Showmanship, Spirit & Technique to audition for the All-American Team on the last day of camp

Opportunity for Individuals to qualify for Special Events

Add-on Workshops - 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!



THE WORK IS WORTH IT.®