



OVERNIGHT

4 DAY

HI:

Cell #:

Schedule Subject to Change

DAY 1	DAY 2	FUN DAY	DAY 4
9AM - 12PM REGISTRATION	BREAKFAST	BREAKFAST	BREAKFAST
	8:00 Leaders-in-Training 8:45 Warm Up <i>Coaches' Professional Development</i> 9:15 Specialty Technique 9:45 Team Dance Review 10:15 Style Routines - Class 1 (TL) 11:45 Cool Down 11:50 Afternoon Break	8:00 Leaders-in-Training 8:45 Warm Up <i>Coaches' Professional Development</i> 9:15 Style Routines - Class 3 10:45 Showcase Class 3 11:00 Specialty Technique 11:30 NDA Prime Time - Group "B" TD Mock Evals w/ Buddy 12:15 Afternoon Break	8:30 Team Time 8:45 Warm Up 9:15 Open Practice Time 9:45 Evaluations: Team Leader Circle of Winners Team Dance Circle of Winners 11:15 Final Awards / Closing
1:00 Opening Rally Introductions 1:15 Warm Up <i>Coaches' Meeting</i> 1:45 Specialty Technique 2:30 Team Dance (TD) Part 1 4:00 Cool Down 4:05 Meet Your Buddy 4:30 Afternoon Break	LUNCH	LUNCH	CAMP GLOSSARY
	1:45* Style Routines - Class 2 3:15 Top Gun Kicks; Leaps & Jumps 3:45 Team Time 4:00 Custom Coaching - Group "A" Practice Time - Group "B" 4:30 Evening Break	2:15* NDA Prime Time - Group "A" TD Mock Evals w/ Buddy 3:00 Top Gun - Hip Hop 3:15 Style Routine Review - Class 1 <i>Coaches' Professional Development: Swap Shop</i> 3:40 Style Routine Review - Class 2 4:05 Cool Down 4:10 Evaluation Explanation 4:15 Team Time 4:30 Evening Break	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! 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> Home Routine - Perform any routine brought from home for an evaluation by NDA Staff <i>Opportunity to qualify for Nationals</i> Leaders-in-Training - Team leaders work on developing useful skills to implement throughout the year (TL) = Team Leader Routine Style Routine - Performance routines taught by staff varying in levels & styles; Class 3 routines are Game Day focused Top Gun - Fun competition in which an award is presented to one dancer in the following areas: kicks, leaps & jumps, turns & freestyle hip hop Fun Day! - Dress up as much or as little as you want for this crazy day at camp! (opt.) = optional
DINNER	DINNER	DINNER	
6:15* Home Routine Evaluations (opt.) 6:45 Team Dance (TD) Part 2 7:45 Style Routine Demos Class 1 & 2 8:00 Recovery Stretch 8:10 Team Time 8:30 Closing Team Leader and Coaches' Reception	6:00* Custom Coaching - Group "B" Practice Time - Group "A" 6:30 Style Routine Review - Class 1 <i>Coaches' Professional Development:</i> <i>Coaching Generation Z</i> 7:00 Style Routine Review - Class 2 7:30 Top Gun - Turns 7:50 Style Routine Demos Class 3 8:00 Recovery Stretch 8:10 Nightly Awards / Team Time 8:30 Closing	6:30* Evaluations: Style Routines - Class 1 Style Routines - Class 2 (opt.) All-American Audition NDA Dance Party!! Recovery Stretch Nightly Awards / Team Time 8:30 Closing	
REMINDERS	REMINDERS	REMINDERS	
Work as a team to create a Buddy Chant Invite family & friends for Home Routine Evals	Dress up for Fun Day tomorrow! Invite family & friends for Night 3 Evals & All-American Audition	Practice Team Dance one last time Invite family & friends for Final Evals & Awards Check out the NDA Spirit Shop!	nda.varsity.com 2018



THE WORK IS WORTH IT.®