



TECHNIQUE CLINIC

1 DAY

HI:

Cell #:

Schedule Subject to Change

8AM - 9AM REGISTRATION		CLINIC GLOSSARY
9:00	Introductions	<p>Specialty Technique Workshops - 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! Categories may be further split according to level, dependent upon enrollment.</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>
9:15	Warm Up	
9:45	Specialty Technique Workshop *Session 1	
10:30	Specialty Technique Workshop *Session 2	
11:15	Specialty Technique Workshop *Session 3	
12:00	Cool Down	
12:05	Team Time	<p>TIPS & REMINDERS</p> <p>***Be sure dancers bring the correct footwear and accessories for each technique workshop so they're set up for success! (sneakers for hip hop, jazz shoes for turns, poms for pom technique, etc.)</p> <p>***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 Release & Waiver Forms!</p> <p>***Have dancers leave all jewelry at home!</p> <p>2018</p> <p>nda.varsity.com</p>
12:15	Afternoon Break	
12:15PM - 1:15 PM LUNCH		
1:15	Quick Warm Up	
1:30	Specialty Technique Workshop *Session 4	
2:15	Specialty Technique Workshop *Session 5	
3:00	Specialty Technique Workshop *Session 6	
3:40	Team Time	<p>*Categories will be selected by requests made prior to clinic.</p>
3:50	Recovery Stretch	
4:00	Closing	

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THE WORK IS WORTH IT.®