

NDA Unleashed CONVENTION

Featuring Master Instructors _____ & _____

Day 1

1:00 Opening Rally
Introductions
1:15 Warm Up
Coaches' Meeting
1:45 Specialty Technique
2:30 Meet Your Buddy
2:45 **Unleashed Master Class**
Hip Hop
Coaches Class
4:00 Master Class Showcase
4:15 Cool Down / Evening Break

DINNER

6:00 Solo/Duet/Trio/Ensemble Competition
6:45 Style Routine Demos
Class 1 & 2
7:00 Style Routines - Class 1
8:05 Recovery Stretch
8:15 Buddy Time
8:30 Closing

REMINDERS

Invite your family & friends to the Competition on Night One and Final Evals/Awards on Day 3!
Check out the NDA Unleashed Spirit Shop!

nda.varsity.com

Day 2

8:15 Warm Up
Coaches - Professional Development
8:45 Specialty Technique
9:30 Style Routines - Class 2 (TD)
11:30 Class 2 Showcase
11:50 Cool Down
11:55 Buddy Time
12:15 Afternoon Break

LUNCH

1:30 **Unleashed Master Class**
Contemporary or Jazz
Coaches Class
2:45 Master Class Showcase
3:00 Top Gun - Kicks; Leaps & Jumps
3:45 Style Routines Review - Class 2
Coaches Prof. Dev.: Coaching Generation Z
4:30 Cool Down
4:35 Evening Break

DINNER

6:30 Top Gun - Turns; Hip Hop
7:15 Style Routines Review - Class 1
Coaches Professional Development: Swap Shop
7:40 Recovery Stretch / Buddy Time
8:15 Closing
8:30 All-American Nominees Routine

Day 3

8:15 Warm Up
8:35 Specialty Technique
9:00 Buddy Time
9:15 Evaluations:
Style Routines - Class 1
All-American Audition
Showcase - Class 2
11:30 Final Awards

UNLEASHED GLOSSARY

Specialty Technique – Categories that focus on one particular area, such as extreme flexibility, turns, leaps & jumps, lifts & partnering, hip hop skills, pom technique, kick technique, audition prep & improvisation.

Top Gun – Fun competitions in which an award is presented to one dancer in the areas of kicks, leaps & jumps, turns, & freestyle hip hop

Style Routine – Performance routines taught by staff. Request what you want to learn before camp! Choose from Jazz, Pom, Hip Hop, Kick, Lyrical, & Contemporary in Levels 1 through Elite (TD) = *Option to learn Team Dance, no Team Evaluations*

Unleashed Master Class – Learn the latest choreography from an NDA Master Instructor; Coaches get to spend time learning from each Master, too!

All-American - Dancers nominated by Staff, based on qualities of spirit, showmanship, technique & leadership; Routine is learned on Night 2; Auditions happen Day 3

SAMPLE SCHEDULE 2018

The Work Is Worth It.