



COMMUTER COLLEGE CAMP

2024

Head Instructor:

Cell #:

*Schedule Subject to Change

Time	Class	Notes
10:00 AM	Opening Session	
10:10 AM	Meet your Buddy	Rely on buddy throughout camp with any questions
10:30 AM	Warm Up	Cardio mixed with static & dynamic stretching
	<i>Coaches Meeting - Camp Info / Q&A</i>	
11:00 AM	Game Day Practice Run	Extreme Flexibility for teams not participating in Game Day
11:10 AM	Game Day Run Off (optional)	Optional competition with routine learned prior to camp
11:25 AM	Team Dance - Part 1	Learn routine as team that incorporates all styles
12:30 PM	Team Technique - Group A	Practice Time - Group B
1:00 PM	AFTERNOON BREAK	
1:45 PM	Team Technique - Group B	Practice Time - Group A
2:15 PM	Team Dance - Part 2	Learn the second half of Team Routine
4:00 PM	Custom Coaching - Group A	Practice Time - Group B
4:45 PM	Custom Coaching - Group B	Practice Time - Group A
5:30 PM	Sidelines - Pom	Learn sideline routine to prepare for Game Day!
5:50 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
5:55 PM	Class 1 Demos	Watch staff perform routines taught tomorrow!
6:00 PM	Team Time	End the day with Team Building

DAY 1

Time	Class	Notes
8:30 AM	Warm Up	Cardio exercises mixed with static & dynamic stretching!
	<i>Coaches Meeting - College Nationals</i>	
9:00 AM	Specialty Technique	Coaches inform dancers which session to attend
9:45 AM	Style Routines	Coaches inform dancers which routine to learn
11:00 AM	Showcase Class 1 Routines	Perform the routines learned in Class 1
11:15 AM	Team Dance Review	Review team routine learned yesterday
11:45 AM	Pursue Your Pathway - Group B	Customize this session to what your team needs
12:15 PM	LUNCH	
1:00 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs
1:30 PM	Sidelines - Jazz	Learn sideline routine to prepare for Game Day!
1:50 PM	Sidelines - Hip Hop	Learn sideline routine to prepare for Game Day!
2:10 PM	Open Practice Time	Prepare for Team Dance Evaluations - Great time to change
2:30 PM	Team Dance Evaluations (optional)	Receive feedback - opportunity to earn a bid to Nationals
3:00 PM	Final Sidelines Showcase	Showcase sideline routines for friends & family
3:15 PM	Final Awards - Closing with NCA!	THANKS FOR COMING TO CAMP!

DAY 2



THE WORK IS WORTH IT.®



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