



# COLLEGE HOME CAMP - 3 DAY

2024

Instructor:

Cell:

\*Schedule Subject to Change

Time	Class	Notes	
11:30 AM	NDA Staff Meets with Coach		<b>DAY 1</b>
12:00 PM	Introductions	Rely on buddy throughout camp with any questions	
12:15 PM	Warm Up	Cardio mixed with static & dynamic stretching	
12:45 PM	Specialty Technique	Class focusing on technical skills chosen by coach	
1:30 PM	Pro Team Dance	Learn routine as team that incorporates all styles	
3:00 PM	Cool Down	Stretch and cool down body before afternoon break	
3:05 PM	Team Time	Team Building	
<b>3:15 PM</b>	<b>AFTERNOON BREAK</b>		
3:45 PM	Pro Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!	
5:00 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance	
5:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing	
6:00 PM	Team Time	End the day with Team Building	
6:30 PM	Closing		
Time	Class	Notes	
9:00 AM	Team Time	Start your day off with Team Building	<b>DAY 2</b>
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	
9:45 AM	Specialty Technique	Class focusing on technical skills chosen by coach	
10:15 AM	Style Routine - Class 1	Class focusing on specific style (jazz, hip hop, pom, etc.)	
11:45 AM	Team Dance Review	Review team routine learned yesterday	
12:20 PM	Cool Down	Stretch and cool down body before afternoon break	
<b>12:30 PM</b>	<b>LUNCH</b>		
1:30 PM	Self Warm-Up		
1:45 PM	Style Routine - Class 2	Class focusing on specific style (jazz, hip hop, pom, etc.)	
3:15 PM	Custom Coaching/Review	Final review with instructor	
3:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing	
4:00 PM	Closing		
Time	Class	Notes	
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	<b>DAY 3</b>
9:30 AM	Specialty Technique	Class focusing on technical skills chosen by coach	
10:00 AM	Style Routine - Class 3	Class focusing on specific style (jazz, hip hop, pom, etc.)	
11:30 AM	Style Routine Review	Class 1 & 2	
12:25 PM	Cool Down	Stretch and cool down body before afternoon break	
<b>12:30 PM</b>	<b>LUNCH</b>		
1:30 PM	Pro Team Dance Evaluation	Perform and receive feedback from buddy instructor	
2:00 PM	Style Routine - Class 4	Class focusing on specific style (jazz, hip hop, pom, etc.)	
3:30 PM	Custom Coaching Review	Final review with instructor	
3:55 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing	
4:00 PM	Closing	THANKS FOR COMING TO CAMP!	



## THE WORK IS WORTH IT.®

