



ELITE RESORT - 4 DAY

2025

Featuring Master Instructor: HI: Cell #: *Schedule subject to Change

Time	Class	Notes	NFHS	
1:00 PM	Opening Rally	Kick off by watching the staff perform the team dances!	C	DAY 1
1:15 PM	Warm Up	Tell dancers which tech. session and level of TD to attend	S	
	<i>Coaches Meeting</i>			
1:45 PM	Specialty Technique	See hand out from HI for technique classes offered	S	
2:30 PM	Team Dance - Part 1	Routine learned by whole team w/ all styles incorporated	A	
4:00 PM	Cool Down	Stretch and cool the body before breaking for dinner	S	
4:05 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!	B	
4:30 PM	DINNER	*Option to change into home routine costume/uniform		
6:00 PM	Home Routine Evaluations (opt.)	Teams receive feedback on a routine from home!	E	
6:30 PM	Team Dance - Part 2	Finish learning routine - opportunity to qualify for Nationals	A	
7:30 PM	Top Gun - Kicks	Individual competition highlighting kick technique	C	
7:45 PM	Improv Session	Release with freestyle movement	E	
7:55 PM	Style Routine Demos - Class 1&2	Preview the routines that will be offered tomorrow		
8:10 PM	Team Time/ Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor	L	
Time	Class	Notes	NFHS	
8:00 AM	Leaders-In-Training Class	Leaders must attend class if participating in TL run off	L	
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
	<i>Coaches Meeting</i>			
9:15 AM	Specialty Technique	Coaches share with dancers which tech session to attend	S	
9:45 AM	Team Dance Review	Review routine as full camp	A	
10:15 AM	Style Routines - Class I	Team Leaders be sure to take Team Leader Routine	A	
11:45 AM	Custom Coaching - Group A	Group B - Practice Time	A	
12:15 PM	AFTERNOON BREAK (12:15-4:30)			
4:30 PM	Custom Coaching - Group B	Group A - Practice Time	A	
5:00 PM	Style Routine - Class 2	Coaches share with dancers which class to attend	A	
6:30 PM	Top Gun - Leaps & Jumps	Individual competition highlighting technical skills	C	
6:45 PM	Style Routine Review - Class 1	A long review to help memory for style routines	A	
	<i>Coaches' Professional Development</i>			
7:15 PM	Style Routine Review - Class 2	A long review to help memory for style routines	A	
7:45 PM	Improv Session	Release with freestyle movement	E	
7:55 PM	Nightly Awards/Team Time	Certificates & spirit sticks/ Pin It Forward	B	
8:30 PM	Closing			
Time	Class	Notes	NFHS	FUNNER DAY
8:00 AM	Leaders-In-Training Class	Leaders must attend both classes if participating in run off	L	
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
	<i>Coaches' Professional Development</i>			
9:15 AM	Game Day Implementation	Coaches share with dancers which tech session to attend	R	
9:45 AM	UNLEASHED MASTER CLASS		A	
11:15 AM	Master Class Showcase	Feel free to record the routines!	E	
11:30 AM	Top Gun - Turns	Individual competition highlighting turn technique	C	
11:50 AM	Cool Down	Stretch and cool the body before afternoon break	S	
12:00 PM	Pursue Your Pathway - Group B	Customize this session to what your team needs	A	
12:45 PM	AFTERNOON BREAK (12:00-4:00)			
4:00 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs	A	
4:45 PM	Style Routine Review - Class 1	Last review before individual evaluations	A	
	<i>Coaches' Professional Development: Swap Shop</i>			
5:05 PM	Style Routine Review - Class 2	Last review before individual evaluations	A	
5:25 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor	E	
5:40 PM	Evaluation Explanation	Understanding the evaluation process		
5:45 PM	Evaluations		E	
	<i>Style Routines - Class 1 & 2, All-American Audition</i>		E	
8:00 PM	NDA Dance Party/ Team Time	Pin It Forward and certificates & spirit sticks	B	
Time	Class	Notes	NFHS	DAY 4
8:30 AM	Team Time	Meet with your buddy for one final time	B	
8:45 AM	Warm Up	Final warm up before evaluations	S	
9:15 AM	Top Gun - Hip Hop	Individual competiton highlighting hip hop style	C	
9:30 AM	Open Practice Time	Coaches this is a great time to fill out your survey!	A	
10:00 AM	Final Day Evaluations	Performance of Team Dance and Team Leader run off	E	
	Team Leader Circle of Winners		E	
	Team Dance Circle of Winners		E	
11:30 AM	Camp Closing	THANKS FOR COMING TO CAMP!	B	

NFHS CREDENTIALING KEY:

B: Ambassador | A: Athlete | C: Crowd Leader | E: Entertainer | R: Spirit Raiser | S: Safety | L: Leader



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The included number of meals may vary by location. (Breakfast, Lunch and Dinner) Please refer to online camp listings for more information

