



HOME CAMP - 3.5 DAY

2025

Instructor:

Cell #:

*Schedule subject to Change

Time	Class	Notes	Column1	NFHS	
11:30 AM	NDA Staff Meets with Coach				DAY 1
12:00 PM	Introductions	Meet your buddy!			
12:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!		S	
12:45 PM	Specialty Technique	Class focusing on technical skills chosen by coach		S	
1:30 PM	Team Dance - Part 1	Learn routine as team that incorporates all styles		A	
3:00 PM	Cool Down	Stretch and cool down body before afternoon break		S	
3:05 PM	Team Time	Team building		B	
3:15 PM	AFTERNOON BREAK				
3:45 PM	Home Routine Evaluation (opt.)	Get evaluated on routine prepared prior to camp		E	
4:00 PM	Team Dance - Part 2	Finish learning routine - opportunity to qualify for Nationals		A	
5:30 PM	Custom Coaching/ Review	Work with buddy to clean team dance		A	
6:00 PM	Improv Session	Release with freestyle movement		E	
6:10 PM	Team Time	Finish the day with Team Building		B	
6:30 PM	Closing				
Time	Class	Notes	Column1	Column2	
9:00 AM	Team Time	Team Building to start the day off			DAY 2
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!		S	
9:45 AM	Specialty Technique	Class focusing on technical skills chosen by coach		S	
10:15 AM	Style Routines - Class 1	Learn routine focused on style (jazz, pom, hip hop, etc.)		A	
11:45 AM	Team Dance Review	Review team routine learned yesterday		A	
12:25 PM	Cool Down	Stretch and recover body before afternoon break		S	
12:30 PM	LUNCH				
1:30 PM	Style Routine - Class 2	Learn routine focused on style (jazz, pom, hip hop, etc.)		A	
3:00 PM	Custom Coaching/ Review	Work with buddy to clean Team Dance		A	
3:40 PM	Improv Session	Release with freestyle movement		E	
3:50 PM	Team Time	End the day with Team Building		B	
4:00 PM	Closing				
Time	Class	Notes	Column1	Column2	
9:00 AM	Team Time	Leaders must attend both classes if participating in run off			FUNNER DAY
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!		S	
9:45 AM	Specialty Technique	Class focusing on technical skills picked by coach		S	
10:15 AM	Style Routine - Class 3	Learn routine focused on style (jazz, pom, hip hop, etc.)		A	
11:45 AM	Team Dance Review	Review team dance - opportunity to earn bid to Nationals!		A	
12:25 PM	Cool Down	Stretch and recover body before afternoon break		S	
12:30 PM	LUNCH				
1:30 PM	*Team Dance Evaluation	Perform Team Dance & get feedback from Buddy		E	
	*All-American Audition	Individuals perform TD to be apart of All-American Team!		E	
2:00 PM	Style Routine - Class 4	Learn routine focused on style (jazz, pom, hip hop, etc.)		A	
3:30 PM	Custom Coaching/ Review	Work with buddy to perfect Team Dance/Style Routine		A	
3:45 PM	Improv Session	Release with freestyle movement		E	
3:50 PM	Team Time	End the day with Team Building		B	
4:00 PM	Closing				
Time	Class	Notes	Column1	Column2	
9:00 AM	Team Time	Meet with your buddy for one final time			DAY 4
9:15 AM	Warm Up	Final warm up		S	
9:45 AM	Specialty Technique	Class focusing on technical skills picked by coach		S	
10:15 AM	Custom Coaching/ Review	Work with buddy to perfect Team Dance/Style Routine		A	
11:00 AM	*Individual Evaluations	Individual feedback on Class 1 & 2		E	
11:45 AM	*Parent Showcase	Invite Friends & Family to see what you've learned!		E	
12:00 PM	Closing	THANKS FOR COMING TO CAMP!			

NFHS CREDENTIALING KEY:

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



THE WORK IS WORTH IT.®

nda.varsity.com | 877.NDA.2WIN

