



HOME CAMP - 3 DAY

2025

Instructor:

Cell #:

*Schedule Subject to Change

Time	Class	Notes	NFHS	
11:30 AM	NDA Staff Meets with Coach			DAY 1
12:00 PM	Introductions	Rely on your buddy instructor with any questions!		
12:15 PM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
12:45 PM	Specialty Technique	Class focusing on technical elements chosen by coach	S	
1:30 PM	Team Dance - Part 1	Learn routine as team incorporating 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	Optional performance of routine learned prior to camp	E	
4:00 PM	Team Dance - Part 2	Finish team dance - opportunity to qualify for Nationals!	A	
5:30 PM	Custom Coaching / Review	Work with buddy instructor to clean Team Dance	A	
6:00 PM	Improv Session	Release with freestyle movement	E	
6:10 PM	Team Time	End the day with Team Building	B	
6:30 PM	Closing			
*Option to replace Team Dance with 2 Style Routines				
Time	Class	Notes		DAY 2
9:00 AM	Team Time	Start the day off with team building	B	
9:15 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
9:45 AM	Specialty Technique	Class focusing on technical elements chosen by coach	S	
10:15 AM	Style Routine - Class 1	Learn Routine focusing on style (jazz, pom, hip hop, etc)	A	
11:45 AM	Team Dance Review	Review routine learned yesterday	A	
12:25 PM	Cool Down	Stretch and cool down body before afternoon break	S	
12:30 PM	LUNCH			
1:30 PM	Style Routines - Class 2	Learn Routine focusing on style (jazz, pom, hip hop, etc)	A	
3:00 PM	Custom Coaching/Review	Review routine with instructor	A	
3:30 PM	*Team Dance Evaluation	Perform and receive feedback from buddy	E	
	*All-American Audition		E	
3:45 PM	Improv Session	Release with freestyle movement	E	
3:50 PM	Team Time	Team building	B	
4:00 PM	Closing			
Time	Class	Notes		DAY 3
9:00 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S	
9:30 AM	Specialty Technique	Class focusing on technical elements chosen by coach	S	
10:00 AM	Style Routine - Class 3	Learn Routine focusing on style (jazz, pom, hh, etc)	A	
11:30 AM	Style Routine Review - Class 1&2	Review routines with instructor	A	
12:25 PM	Cool Down	Stretch and cool down body before afternoon break	S	
12:30 PM	LUNCH			
1:30 PM	*Individual Evaluations - Class 1 & 2	Receive individual feedback on routines learned	E	
2:00 PM	Style Routine - Class 4	Learn Routine focusing on style (jazz, pom, hh, etc)	A	
3:30 PM	Custom Coaching/Review	Final review with instructor	A	
3:45 PM	*Parent Showcase	Perform for friends & family	E	
4:00 PM	Closing	THANK YOU 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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