



# OVERNIGHT - 3 DAY

2025

| Time     | Class   | Notes  | NFHS |                   |
|----------|---|--|------|-------------------|
| 1:00 PM  | Opening Rally                                       | Kick off by watching the staff perform!                    |      | <b>DAY 1</b>      |
| 1:15 PM  | Warm Up   | Cardio mixed with static & dynamic stretching!             | S    |                   |
|          | <i>Coaches Meeting</i>                              |  |      |                   |
| 1:45 PM  | Specialty Technique                                 | Coaches share with dancers which tech session to attend    | S    |                   |
| 2:30 PM  | Team Dance - Part 1                                 | Learn routine as team incorporating all styles             | A    |                   |
| 4:00 PM  | Cool Down   | Stretch and cool down body before afternoon break          | S    |                   |
| 4:05 PM  | Meet Your Buddy                                     | Rely on your buddy throughout camp for any questions!      | B    |                   |
| 4:15 PM  | Team Time   | Team Building  | B    |                   |
| 4:30 PM  | <b>DINNER</b>                                       |  |      |                   |
| 6:00 PM  | *Home Routine Evaluations                           | Optional performance of routine learned prior to camp      | E    |                   |
| 6:30 PM  | Team Dance - Part 2                                 | Finish Team dance - opportunity to qualify for Nationals!  | A    |                   |
| 7:30 PM  | Top Gun - Kicks; Leaps & Jumps                      | Individual competition focusing on technique               | C    |                   |
| 8:00 PM  | Improv Session                                      | Release with freestyle movement                            | E    |                   |
| 8:10 PM  | Style Routine Demos - Class 1&2                     | Watch staff perform routines that will be taught tomorrow! |      |                   |
| 8:20 PM  | Team Time   | End the day with Team Building                             | B    |                   |
| 8:30 PM  | Closing   | Team Leaders/ Coaches meet with Staff                      | L    |                   |
|          | Team Leader/Coaches Meet & Greet                    |  |      |                   |
| Time     | Class   | Notes  | NFHS |                   |
| 8:00 AM  | Leaders-In-Training                                 | Leadership class   | L    | <b>FUNNER DAY</b> |
| 8:45 AM  | Warm Up   | Cardio mixed with static & dynamic stretching!             | S    |                   |
|          | <i>Coaches Professional Development</i>             |  |      |                   |
| 9:15 AM  | Game Day Implementation Class                       | Learn the Big 3 to be Game Day Ready!                      | R    |                   |
| 10:00 AM | Team Dance Review                                   | Review routine learned yesterday                           | A    |                   |
| 10:30 AM | Style Routines - Class 1                            | Coaches suggest to dancers which routine to attend         | A    |                   |
| 12:00 PM | Cool Down   | Stretch and cool down body before afternoon break          | S    |                   |
| 12:05 PM | <b>LUNCH</b>  |  |      |                   |
| 1:30 PM  | Style Routine - Class 2                             | Coaches suggest to dancers which routine to attend         | A    |                   |
| 3:00 PM  | Top Gun - Turns; Hip Hop                            | Individual competition to highlight turns & hip hop style  | C    |                   |
| 3:30 PM  | Team Time   | Team Building with buddy instructor                        | B    |                   |
| 3:45 PM  | Custom Coaching - Group A                           | Group B - Practice Time                                    | A    |                   |
| 4:30 PM  | <b>DINNER</b>                                       |  |      |                   |
| 6:00 PM  | Custom Coaching - Group B                           | Group A - Practice Time                                    | A    |                   |
| 6:45 PM  | Style Routine Review - Class 1                      | Review routine w/ instructor                               | A    |                   |
|          | <i>Coaches' Professional Development: Swap Shop</i> |  |      |                   |
| 7:15 PM  | Individual Evaluations                              | Perform & receive feedback from buddy instructor           | E    |                   |
| 8:00 PM  | Improv Session                                      | Release with freestyle movement                            | E    |                   |
| 8:10 PM  | NDA Dance Party!                                    | End of day stress reliever                                 | R    |                   |
| 8:20 PM  | Team Time   | Team building to close out Day 2                           | B    |                   |
| 8:30 PM  | Closing   |  |      |                   |
| Time     | Class   | Notes  | NFHS |                   |
| 8:30 AM  | Team Time   | Meet with your buddy for one final time                    | B    | <b>DAY 3</b>      |
|          | <i>Coaches Meeting</i>                              |  |      |                   |
| 8:45 AM  | Warm Up   | Final warm up before evaluations                           | S    |                   |
| 9:15 AM  | Pursue Your Pathway - Group B                       | Customize this session to what your team needs             | A    |                   |
| 9:45 AM  | Pursue Your Pathway - Group A                       | Customize this session to what your team needs             | A    |                   |
| 10:15 AM | Team Dance - Mock Evaluations                       | Receive feedback from buddy instructor                     | E    |                   |
| 10:45 AM | Team Leader Circle of Winners                       | Perform one last time for friends & family!                | E    |                   |
|          | Team Dance Circle of Winners                        |  | E    |                   |
|          | All-American Auditions                              |  | E    |                   |
| 11:45 AM | Final Awards/ 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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