



OVERNIGHT - 4 DAY

2025

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	Cardio mixed with static & dynamic stretching	S		
	<i>Coaches Meeting</i>				
1:45 PM	Specialty Technique	Coaches inform dancers which session to attend	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			
6:15 PM	Home Routine Evaluations (opt.)	Teams receive feedback on a routine from home!	E		
6:45 PM	Team Dance - Part 2	Finish learning routine - opportunity to qualify for Nationals	A		
7:45 PM	Improv Session	Release with freestyle movement	E		
7:55 PM	Style Routines Demos	Preview the routines that will be offered tomorrow			
8:10 PM	Team Time	Get to know your buddy instructor!	B		
8:30 PM	Closing/ Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor	L		
Time	Class	Notes			DAY 2
8:00 AM	Leadership 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 inform dancers which session to attend	S		
10:00 AM	Team Dance Review	Review routine as full camp	A		
10:30 AM	Style Routines - Class I	Coaches inform dancers which routine to attend	A		
12:00 PM	Cool Down	Stretch and cool the body before heading to lunch	S		
12:15 PM	LUNCH				
2:00 PM	Style Routines - Class II	Coaches suggest to dancers which routine to attend	A		
3:30 PM	Top Gun; kicks, leaps & jumps	Individual competition to highlight kicks, leaps, and jumps	C		
4:00 PM	Team Time	Team building activities	B		
4:15 PM	Custom Coaching Group A	Group B - practice time	A		
4:45 PM	DINNER				
6:15 PM	Custom Coaching Group B	Group A - practice time	A		
6:45 PM	Style Routine Review - Class I	A long review to help memory for style routines	E		
	<i>Coaches' Professional Development</i>				
7:15 PM	Style Routine Review - Class II	A long review to help memory for style routines	E		
7:45 PM	Top Gun; Turns	Individual competition highlighting turn technique	C		
8:05 PM	Improv Session	Release with freestyle movement	E		
8:15 PM	Style Routine Demos - Class III	Preview routines for Class III tomorrow			
8:25 PM	Nightly Awards/Team Time	Pin It Forward and certificates & spirit sticks	B		
8:45 PM	Closing				

NFHS CREDENTIALING KEY:

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





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Time	Class	Notes	NFHS	
8:00 AM	Leadership Class	Leaders must attend both classes if participating in run off	L	FUNNER DAY
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching	S	
<i>Coaches' Professional Development</i>				
9:15 AM	Game Day Implementation	Learn the Big 3 to be Game Day Ready!	R	
9:45 AM	Style Routines - Class III	Coaches suggest to dancers which routine to attend	A	
11:15 AM	Showcase Class III	Feel free to record the routines!	E	
11:25 AM	Cool Down	Stretch and cool the body after an afternoon of dancing	S	
11:30 AM	Pursue Your Pathway - Group B	Customize this session to what your team needs	A	
12:15 PM	LUNCH			
2:15 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs	A	
3:00 PM	Top Gun; Hip hop	Individual competition to showcase hip-hop style	C	
3:15 PM	Style Routine Review - Class I	Review session to help prepare for evaluations	A	
<i>Coaches' Professional Development: Swap Shop</i>				
3:35 PM	Style Routine Review - Class II	Review session to help prepare for evaluations	A	
3:55 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor	E	
4:20 PM	Cool Down	Stretch and cool the body after an afternoon of dancing	S	
4:25 PM	Evaluation Explanation	Understanding the evaluation process		
4:30 PM	DINNER			
6:30 PM	Evaluations	Style Routines Class I and II, All-American Audition	E	
7:30 PM	NDA Dance Party!	Let loose evaluations are finished for the day!	R	
7:50 PM	Improv Session	Release with freestyle movement	E	
8:05 PM	Night Awards/Team Time	Pin It Forward and certificates & spirit sticks	B	
8:30 PM	Closing			
Time	Class	Notes	NFHS	
8:30 AM	Team Time	Meet with your buddy for one final time	B	DAY 4
8:45 AM	Warm Up	Final warm up before evaluations	S	
9:15 AM	Open Practice Time	Coaches this is a great time to fill out your survey!	A	
9:45 AM	Evaluations	Performance of Team Dance and Team Leader run off	E	
	Team Leader Circle of Winners		E	
	Team Dance Circle of Winners		E	
11:15 AM	Final Awards	Circle of Winners, All-American & Nationals Bids presented	R	
11:45 AM	Camp Closing	THANKS FOR COMING TO CAMP!		



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