



PURSUE YOUR PATHWAY - 3 DAY

2025

HI:

Cell #:

*Schedule Subject to Change

Time	Class	Notes	NFHS	
1:00 PM	Opening Rally	Kick off by watching the staff perform!	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 share with dancers which tech session to attend	S	
2:30 PM	Team Dance - Part 1	Learn routine as team incorporating all styles	A	
3:45 PM	Cool Down	Stretch and cool down body before afternoon break	S	
3:50 PM	Meet Your Buddy	Rely on your buddy throughout camp for any questions!	B	
4:00 PM	PURSUE YOUR PATHWAY	Select a session to work one-on-one with NDA Staff	A	
5:00 PM	DINNER			
6:30 PM	*Home Routine Evaluations	Optional performance of routine learned prior to camp	E	
7:00 PM	Team Dance - Part 2	Finish Team dance - opportunity to qualify for Nationals!	A	
8:00 PM	Improv Session	Release with freestyle movement	E	
8:05 PM	Style Routine Demos - Class 1&2	Watch staff perform routines that will be taught tomorrow!		
8:15 PM	Team Time	End the day with Team Building	B	
8:30 PM	Closing	Team Leaders/ Coaches meet with Staff	L	
	<i>Team Leader/Coaches Meet & Greet</i>			
Time	Class	Notes	NFHS	
8:00 AM	Leaders-In-Training	Leadership class	L	DAY 2
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	
9:45 AM	Team Dance Review	Review routine learned yesterday	A	
10:15 AM	Style Routines - Class 1	Coaches suggest to dancers which routine to attend	A	
11:30 AM	Cool Down	Stretch and cool down body before afternoon break	S	
11:35 AM	LUNCH			
1:00 PM	PURSUE YOUR PATHWAY	Select a session to work one-on-one with NDA Staff	A	
2:00 PM	Top Gun - Kicks; Leaps & Jumps	Individual competition to highlight turns & hip hop style	C	
2:45 PM	Custom Coaching	Clean Team Dance with your Buddy Instructor	A	
3:30 PM	Style Routine - Class 2	Coaches suggest to dancers which routine to attend	A	
	<i>Coaches Swap Shop</i>			
4:45 PM	Team Time	Team Building with buddy instructor	B	
5:00 PM	DINNER			
6:30 PM	Top Gun - Turns; Hip Hop	Individual competition focusing on technique	C	
7:15 PM	Style Routine Review - Class 1	Review routine w/ instructor	A	
7:35 PM	Style Routine Review - Class 2	Review routine w/ instructor	A	
7:55 PM	Improv Session	Release with freestyle movement	E	
8:05 PM	NDA Dance Party!	End of day stress reliever	R	
8:15 PM	Team Time	Team building to close out Day 2	B	
8:30 PM	Closing			
Time	Class	Notes	NFHS	
8:30 AM	Warm Up	Final warm up before evaluations	S	DAY 3
8:45 AM	Team Time	Meet with buddy one last time before evaluations	B	
9:00 AM	Individual Evaluations	Perform & receive feedback from buddy instructor	E	
9:45 AM	Team Leader Circle of Winners	Perform one last time for friends & family!	E	
10:30 AM	Team Dance Circle of Winners		E	
11:15 AM	All-American Auditions		E	
12:00 PM	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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