



RESORT - 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!		DAY 1	
1:15 PM	Warm Up	Tell dancers which tech. session and level of TD to attend	S		
	<i>Coaches Meeting</i>				
1:45 PM	Specialty Technique	See hand out from HI for technique classes offered	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	Dancers should change into home routine costume			
6:00 PM	Home Routine Evaluations (opt.)	Teams receive feedback on a routine from home!	E		
6:30 PM	Team Dance Part 2	Finish learning routine - opportunity to qualify for Nationals	A		
7:30 PM	Top Gun - Kicks	Individual competition highlighting kick technique	C		
7:45 PM	Improv Session	Release with freestyle movement	E		
7:55 PM	Style Routine Demos - Class 1&2	Preview the routines that will be offered tomorrow			
8:10 PM	Team Time/ Coaches Meet & Greet	Team Leaders & coaches meet with their buddy instructor	L		
	Time	Class	Notes		NFHS
8:00 AM	Leaders-In-Training Class	Leaders must attend class if participating in TL run off	L		DAY 2
8:45 AM	Warm Up	Cardio mixed with static & dynamic stretching!	S		
	<i>Coaches Meeting</i>				
9:15 AM	Specialty Technique	Coaches share with dancers which tech session to attend	S		
9:45 AM	Team Dance Review	Review routine as full camp	A		
10:15 AM	Style Routines - Class 1	Team Leaders be sure to take Team Leader Routine	A		
11:45 AM	Custom Coaching - Group A	Group B - Practice Time	A		
12:15 PM	LUNCH				
1:15 PM	Custom Coaching - Group B	Group A - Practice Time	A		
1:45 PM	Style Routine - Class 2	Coaches share with dancers which class to attend	A		
3:15 PM	Top Gun - Leaps & Jumps	Individual competition highlighting technical skills	C		
3:30 PM	Style Routine Review - Class 1	A long review to help memory for style routines	A		
	<i>Coaches' Professional Development</i>				
4:00 PM	Style Routine Review - Class 2	A long review to help memory for style routines	A		
4:30 PM	Improv Session	Release with freestyle movement	E		
4:40 PM	Style Routine Demos - Class 3	Preview the routines that will be taught tomorrow			
4:50 PM	Nightly Awards/Team Time	Certificates & spirit sticks/ Pin It Forward	B		
5:30 PM	DINNER - FREE TIME - OPEN PRACTICE TIME				
	Time	Class	Notes	NFHS	
8:00 AM	Leaders-In-Training 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	Coaches share with dancers which tech session to attend	R		
9:45 AM	Style Routine - Class 3	Coaches inform dancers which routine to learn	A		
11:15 AM	Class 3 Showcase	Feel free to record the routines!	E		
11:20 AM	Cool Down	Stretch and cool the body before afternoon break	S		
11:30 AM	Pursue Your Pathway - Group B	Customize this session to what your team needs	A		
12:15 PM	LUNCH				
1:15 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs	A		
2:00 PM	Top Gun - Turns	Individual competition highlighting turn technique	C		
2:15 PM	Style Routine Review - Class 1	Last review before individual evaluations	A		
	<i>Coaches' Professional Development: Swap Shop</i>				
2:45 PM	Style Routine Review - Class 2	Last review before individual evaluations	A		
3:15 PM	Team Dance - Mock Evaluations	Receive feedback from buddy instructor	E		
3:30 PM	Evaluation Explanation	Understanding the evaluation process			
3:45 PM	Evaluations		E		
	<i>Style Routines - Class 1 & 2, All-American Audition</i>		E		
5:00 PM	NDA Dance Party/ Team Time	Pin It Forward and certificates & spirit sticks	B		
5:30 PM	DINNER - FREE TIME - OPEN PRACTICE TIME				
	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	Top Gun - Hip Hop	Individual competition highlighting hip hop style	C		
9:30 AM	Open Practice Time	Coaches this is a great time to fill out your survey!	A		
10:00 AM	Final Awards	Performance of Team Dance and Team Leader run off	E		
	Team Leader Circle of Winners		E		
	Team Dance Circle of Winners		E		
11:30 AM	Camp 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:**



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The included number of meals may vary by location. (Breakfast, Lunch and Dinner) Please refer to online camp listings for more information