



NDA/USA - COLLEGE CAMP



2025

HI:

Cell:

*Schedule Subject to Change

Time	Class	Notes
1:00 PM	Opening Rally	Kick off camp by watching the staff perform
1:30 PM	Game Day/Showtime Practice Run	Teams not in GD Run-Off - Extreme Flexibility Class
1:45 PM	Game Day Bid Run-Off/Showtime Evaluations	
2:30 PM	Warm Up	Cardio mixed with static & dynamic stretching!
	<i>Coaches Meeting - Camp Info/Q&A</i>	
2:45 PM	Jazz, Pom & HH Sidelines	Learn short routines for your Game Day Sidelines
3:45 PM	College Band Chant	Learn routine that complements the NCA Band Chant
4:15 PM	All TD & Routine Demos	Watch staff demonstrate Team Dance & Style Routines
4:30 PM	Meet Your Buddy	Utilize buddy throughout camp!
4:45 PM	Team Technique - Group A	Group B - Dinner
EVENING BREAK / DINNER @ 5:00		
6:15 PM	Team Technique - Group B	Group A - Dinner
6:45 PM	Team Dance - Part 1&2/ Routine A	NDA - Learn part 1&2 of TD, USA - Learn first routine
8:00 PM	Cool Down	Rehabilitate muscles after a long day of dancing
8:15 PM	Team Time	Wrap up Day 1 with Team Bonding!
8:30 PM	Closing	Announcements & open practice time
10:00 PM	Facility Closed	
Time	Class	Notes
8:30 AM	Warm Up	Cardio mixed with static & dynamic stretching!
	<i>Coaches Meeting - Bid Info & Professional Development</i>	
9:00 AM	Team Dance - Part 3/Routine B	NDA - Finish learning routine, USA - Learn style routine
9:45 AM	Specialty Technique	Coaches inform dancers which session to attend
10:15 AM	Routine C - Style Routine	Coaches inform dancers which routine to attend
	<i>Coaches Meeting - Swap Shop</i>	
11:30 AM	Game Day Implementation	Practice sidelines so they are Game Day ready!
12:00 PM	Custom Coaching - Group A/Routine A Review Session	
AFTERNOON BREAK / LUNCH @ 12:00		
1:45 PM	Custom Coaching - Group B/ Quarter Break Routines (Pom & HH)	
2:15 PM	Routine C Review	Review routine w/ instructor
2:45 PM	Top Gun - Leaps & Jumps; Turns	Individual competition to highlight leaps, jumps, & turns
3:15 PM	MASTER CLASS	Take class with our Master Instructor, then perform!
4:30 PM	Pursue Your Pathway - Group B/ Routine B Review	
EVENING BREAK / DINNER @ 5:00		
6:00 PM	Pursue Your Pathway - Group A	Customize this session to what your team needs
6:30 PM	TD Mock Evals/Routine B Review	Perform TD, get feedback from buddy before final evals
7:00 PM	Routine C Review & Showcase	Perform the routine you learned for the entire camp!
7:30 PM	Top Gun - Hip Hop	Individual competition to showcase hip-hop style
7:45 PM	Recovery Stretch	Rehabilitate muscles after a long day of dancing
8:00 PM	Team Time	Team building to close out Day 2
	<i>All-American nominees learn routine for audition tomorrow morning!</i>	
10:00 PM	Facility closed	
Time	Class	Notes
8:45 AM	Team Time	Meet with your buddy one final time
	<i>Coaches Meeting - Evaluation Prep</i>	
9:00 AM	Self Warm Up*/Open Practice Time	Final warm up before evaluations
9:15 AM	Team Dance Final Evaluation/Routine A Showcase	
10:00 AM	Game Day Run-Off/Routine B Showcase	
10:30 AM	All-American Audition	Chosen members perform routine learned night before
11:00 AM	Final Sideline Showcase	Perform one last time for friends & family!
11:30 AM	Final Awards w/ NCA!	THANKS FOR COMING TO CAMP!

DAY 1

DAY 2

DAY 3

