



COLLEGE HOME CAMP - 2 DAY

2025

Instructor:

Cell #:

*Schedule Subject to Change

| Time | Class | Notes |
|----------------|----------------------------|---|
| 11:30 AM | NDA Staff Meets with Coach | |
| 12:00 PM | Introductions | Rely on buddy throughout camp with any questions |
| 12:15 PM | Warm Up | Cardio mixed with static & dynamic stretching |
| 12:45 PM | Specialty Technique | Class focusing on technical skills chosen by coach |
| 1:15 PM | Pro Team Dance | Learn routine as team that incorporates all styles |
| 3:00 PM | Cool Down | Stretch and cool down body before afternoon break |
| 3:05 PM | Team Time | Team Building |
| 3:15 PM | AFTERNOON BREAK | |
| 3:45 PM | Pro Team Dance - Part 2 | Finish Team dance - opportunity to qualify for Nationals! |
| 5:15 PM | Custom Coaching / Review | Work with buddy instructor to clean Team Dance |
| 6:00 PM | Recovery Stretch | Rehabilitate muscles after a long day of dancing |
| 6:10 PM | Team Time | End the day with Team Building |
| 6:30 PM | Closing | |

DAY 1

| Time | Class | Notes |
|-----------------|---------------------------|---|
| 9:00 AM | Team Time | Start your day off with Team Building |
| 9:15 AM | Warm Up | Cardio mixed with static & dynamic stretching! |
| 9:45 AM | Specialty Technique | Class focusing on technical skills chosen by coach |
| 10:15 AM | Style Routine - Class 1 | Class focusing on specific style (jazz, hip hop, pom, etc.) |
| 11:45 AM | Team Dance Review | Review team routine learned yesterday |
| 12:15 PM | Cool Down | Stretch and cool down body before afternoon break |
| 12:30 PM | LUNCH | |
| 1:30 PM | Pro Team Dance Evaluation | Perform and receive feedback from buddy instructor |
| 1:45 PM | Style Routine - Class 2 | Class focusing on specific style (jazz, hip hop, pom, etc.) |
| 3:15 PM | Review | Final review with instructor |
| 3:45 PM | Recovery Stretch | Rehabilitate muscles after a long day of dancing |
| 4:00 PM | Closing | THANKS FOR COMING TO CAMP! |

DAY 2



THE WORK IS WORTH IT.®



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