



# COLLEGE - 3 DAY OVERNIGHT

2025

Time	Class	Notes
1:00 PM	Opening Rally	Kick off by watching the staff perform!
1:30 PM	Game Day Practice Run (Optional)	Teams not in GD Run-Off - <i>Extreme Flexibility Class</i>
1:45 PM	Game Day Bid Run-Off (Optional)	Perform 2020 Game Day Routine learned prior to camp
2:30 PM	Warm Up	Cardio mixed with static & dynamic stretching!
<i>Coaches Meeting - Camp Info/Q&amp;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	Class 1&2 Demos	Watch staff demonstrate Style Routines
4:30 PM	Meet Your Buddy	Utilize buddy throughout camp!
4:45 PM	Team Technique - Group A	Group B - Dinner
<b>EVENING BREAK / DINNER @ 5:00</b>		
6:15 PM	Team Technique - Group B	Group A - Dinner
6:45 PM	Team Dance - Part 1&2	Team routine incorporating all styles
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	
<b>DAY 1</b>		
Time	Class	Notes
8:30 AM	Warm Up	Cardio mixed with static & dynamic stretching!
<i>Coaches Meeting - Bid Info &amp; Professional Development</i>		
9:00 AM	Team Dance - Part 3	Finish learning routine - Opportunity to qualify for Nationals
9:45 AM	Specialty Technique	Coaches inform dancers which session to attend
10:15 AM	Class 1 - 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	Pursue Your Pathway - Group A	Customize this session to what your team needs
<b>AFTERNOON BREAK / LUNCH @ 12:00</b>		
1:45 PM	Pursue Your Pathway - Group B	Customize this session to what your team needs
2:15 PM	Class 1 Review	Review routine w/ instructor
2:45 PM	Top Gun - Leaps & Jumps; Turns	Individual competition to highlight leaps, jumps, & turns
3:15 PM	<b>MASTER CLASS</b>	Take class with our Master Instructor, then perform!
4:30 PM	Custom Coaching - Group B	Group A - Practice Time/ Lunch
<b>EVENING BREAK / DINNER @ 5:00</b>		
6:00 PM	Custom Coaching - Group A	Group B - Practice Time/Lunch
6:30 PM	Team Dance Mock Evaluations	Perform TD, get feedback from buddy before final evals
7:00 PM	Class 1 Showcase	Perform the routine you learned in Class 1
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
10:00 PM	Facility closed	
<b>DAY 2</b>		
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	Team Dance Performance
10:00 AM	Game Day Run-Off	Division winners from Day 1 compete for a Gold bid
10:30 AM	All-American Audition	Chosen members perform TD as they know it
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!
<b>DAY 3</b>		



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