



COLLEGE - 3 DAY OVERNIGHT 2025

HI:

Cell:

*Schedule Subject to Change

Time	Class	Notes	
1:00 PM	Opening Rally	Kick off by watching the staff perform!	DAY 1
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 Game Day Routine learned prior to camp	
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	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	
EVENING BREAK / DINNER @ 5:00			
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		
Time	Class	Notes	
8:30 AM	Warm Up	Cardio mixed with static & dynamic stretching!	DAY 2
<i>Coaches Meeting - Bid Info & 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	
AFTERNOON BREAK / LUNCH @ 12:00			
1:45 PM	Pursue Your Pathway - Group B	Customize this session to what your team needs	
2:15 PM	Class 1 Review/Showcase	Review routine w/ instructor, then perform!	
2:45 PM	Top Gun - Leaps & Jumps; Turns	Individual competition to highlight leaps, jumps, & turns	
3:15 PM	Class 2 - Style Routine	Coaches inform dancers which routine to attend	
4:30 PM	Custom Coaching - Group B	Group A - Practice Time/Dinner	
EVENING BREAK / DINNER @ 5:00			
6:00 PM	Custom Coaching - Group A	Group B - Practice Time/Dinner	
6:30 PM	Team Dance Mock Evaluations	Perform TD, get feedback from buddy before final evals	
7:00 PM	Class 2 Review/ Showcase	Review routine w/ instructor, then perform!	
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		
Time	Class	Notes	
8:45 AM	Team Time	Meet with your buddy one final time	DAY 3
<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!	



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