



1-to-1 UDA CAMP

SAMPLE SCHEDULE

Day 1		Day 2		Day 3		Day 4	
9a-12p	Registration	7:00a	<i>Breakfast</i>	7:00a	<i>Breakfast</i>	7:00a	<i>Breakfast</i>
12:15p	J UDA Routine Sneak Peek (Coaches and Captains Only)	8:00a	A/L All-American Meeting	8:00a	A/L All-American Meeting	8:30a	S Warm Up
1:00p	C UDA Camp Kick Off	8:30a	S Warm Up	8:30a	S Tailored Technique Group A / Open Practice	9:00a	A Quick Review of A and B Routines
1:30p	S Warm Up/Line Dance	9:00a	S Team Technique Class 1 / Performance Routine Open Practice	9:15a	S Rotate Groups	9:30a	E A and B Routine Evaluations
2:00p	A A Routine (Full Routine)	9:30a	S Rotate Groups	10:00a	R Set Your Sidelines	10:45a	Break
3:45p	E Optional Home Routine Walk Through	10:00a	A B Routine (Full Routine)	10:45a	A Personalized PR Review	11:00a	A Final Drill Downs
4:45p	Dinner	11:45a	Lunch	11:15a	E Show Personalized PR Routines	11:30a	R Final Awards
6:30p	E Home Routine Evaluations	1:15p	L Scale Your Strengths	11:45a	Lunch		
7:15p	A Drill Downs	1:45p	L Performance is a Privilege	1:30p	E All-American Evaluations		
7:30p	A A Routine Review	2:30p	S Gatorade Break	2:15p	S Gatorade Break		
8:00p	B Team Leader / Team Building	3:00p	A Personalized PR	2:30p	A A Routine Review		
8:25p	Announcements	4:30p	Dinner	3:15p	A B Routine Review		
8:30p	J UDA Sneak Peek for Day 2 (Coaches and Captains Only)	6:15p	A B Routine Review	4:00p	A Drill Downs		
		7:00p	A Personalized PR Review	4:15p	Mock Evaluations		
		7:30p	S Cool Down	4:30p	Dinner		
		7:45p	B Team Leader / Team Building	6:30p	R CRAZY NIGHT		
		8:00p	Announcements / Optional Open Practice with Coach	7:30p	B Team Leader / Team Building		
				8:00p	UDA All-American Selection / Announcements		
				8:15p	Optional Open Practice with Coach		