



# TECHNIQUE CAMP

## SAMPLE SCHEDULE

| Day 1  |   | Day 2  |   | Day 3  |  | Day 4  |                                    |
|--------|---|--------|---|--------|--|--------|------------------------------------|
| 9a-12p | Registration  | 7:00a  | Breakfast   | 7:00a  | Breakfast                                  | 7:00a  | Breakfast                          |
| 12:15p | J UDA Routine Sneak Peek<br>(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 Warm Up                                  | 9:00a  | A Quick Review of A and B Routines |
| 1:30p  | S Warm Up/Line Dance                                      | 9:00a  | S Team Technique Class 1 / Open Practice          | 9:00a  | S Team Technique Class 2 / Open Practice   | 9:30a  | E A and B Routine Evaluations      |
| 2:00p  | A A Routine   | 9:30a  | S Rotate Groups                                   | 9:30a  | S Rotate Groups                            | 10:45a | Break                              |
| 3:45p  | E Optional Home Routine Walk Through                      | 10:00a | A A Routine Review                                | 10:00a | A A Routine Review                         | 11:00a | A Final Drill Downs                |
| 4:45p  | Dinner  | 10:45a | R Band Dance Class                                | 10:45a | A B Routine Review                         | 11:30a | R Final Awards                     |
| 6:15p  | E Home Routine Evaluations                                | 11:30a | Lunch   | 11:30a | Lunch                                      |        |                                    |
| 6:55p  | R Game Day Stations                                       | 1:30p  | S Leveled Technique (Leaps/Jumps)                 | 1:30p  | E All-American Evaluations                 |        |                                    |
| 7:25p  | A Drill Downs   | 2:00p  | A B Routine                                       | 2:00p  | S Gatorade Break                           |        |                                    |
| 7:40p  | B Team Leader / Team Building                             | 3:45p  | A Drill Downs                                     | 2:15p  | A The Elements                             |        |                                    |
| 8:00p  | Announcements   | 4:15p  | Dinner  | 3:15p  | L Performance is a Privilege               |        |                                    |
| 8:15p  | J UDA Sneak Peek for Day 2<br>(Coaches and Captains Only) | 6:15p  | J Scale Your Strengths                            | 4:00p  | A Drill Downs                              |        |                                    |
|        |   | 6:45p  | A B Routine Review                                | 4:15p  | Mock Evaluations                           |        |                                    |
|        |   | 7:15p  | S Leveled Technique (Turns)                       | 4:30p  | Dinner                                     |        |                                    |
|        |   | 7:45p  | S Cool Down                                       | 6:30p  | R CRAZY NIGHT                              |        |                                    |
|        |   | 7:55p  | B Team Leader / Team Building                     | 7:30p  | L Team Leader / Team Building              |        |                                    |
|        |   | 8:15p  | 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          |        |                                    |