



TRADITIONAL OVERNIGHT 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 (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 / Performance Routine Open Practice	9:00a S Team Technique Class 2 / Open Practice	9:30a E A and B Routine Evaluations
2:00p	A Performance Routine	9:30a S Rotate Groups	9:30a S Rotate Groups	10:45a Break
3:30p	E Optional Home Routine Walk Through	10:00a A A Routine	10:00a A A Routine Review	11:00a A Final Drill Downs
4:30p	Dinner	11:45a Lunch	10:45a A B Routine Review	11:30a R Final Awards
6:00p	E Home Routine Evaluations	1:30p L Scale Your Strengths	11:30a Mock Evaluations	
6:40p	R Game Day Stations	2:00p R Band Dance Class	11:45a Lunch	
7:10p	A Drill Downs	2:45p A B Routine	1:30p E All-American Evaluations	
7:25p	A Performance Routine Review	4:30p Dinner	2:00p A Performance Routine Open Practice	
7:55p	B Team Leader / Team Building	6:15p A 1 on 1 Coaching / Open Practice	2:30p E Performance Routine Evaluations	
8:15p	Announcements	6:45p A Rotate Groups	3:15p S Gatorade Break	
8:30p	L UDA Sneak Peek for Day 2 (Coaches and Captains Only)	7:15p A Drill Downs	3:30p L Performance is a Privilege	
		7:45p S Cool Down	4:15p A Drill Downs	
		8:00p B Team Leader / Team Building	4:30p Dinner	
		8:30p Announcements / Optional Open Practice with Coach	6:30p R CRAZY NIGHT	
			7:30p L Team Leader / Team Building	
			8:00p UDA All-American Selection / Announcements	
			8:15p Optional Open Practice with Coach	