2025 Dance Team Plus Camp

NFHS KEY: B-Ambassador A-Athlete C-Crowd Leader E-Entertainer R- Spirit Raiser S-Safety L-Leader

DAY 1

9:00am	Camp Registration begins
	LUNCH IS NOT PROVIDED
12:00pm	Camp Registration Ends
12:45pm	Preview of A Routines (Coaches & Officers/Captains)
1:00pm	Opening Ceremonies (R) Warm-Ups & Conditioning (S) **Director/Coaches Meeting**
2:00pm	Camp Dance (A)
3:00pm	Choreography To Go: Team Routine 1 (A)
4:30pm	Drill Downs (L)
5:00pm	**DINNER**
6:30pm	Showtime USA (E) Home Routine Showcase
7:00pm	Performance Routine A
8:15pm	Camp Dance Review
8:45pm	Unity Games (B) Preview of B routines
9:00pm	All Camp Meeting

DAY 2

7:00am	**BREAKFAST** **Spirit Dress Up Day**
8:00am	All American Sign Up (B)
8:30am	Warm Ups & Conditioning (S) USA Camp Dance Review **Director/Coaches Meeting**
9:00am	Technique (S)
10:00am	Performance Routine B
11:15am	Quarter Break Routines & Sidelines (C)
12:00pm	**LUNCH**
1:00pm	Officers Workshop 1 (L)
1:30pm	Performance Routine A2
2:30pm	**Director/Coaches Workshop 1** Choreography To Go: Team Routine 2 (C)
3:45pm	Choose Your Challenge (A) **Pin It Forward**
5:00pm	**DINNER**
6:30pm	Free Time Knotts Berry Farm Park

DAY 3

7:00am	**BREAKFAST**
8:00am	All American Practice (B)
8:30am	Master Class (A)
10:00am	**Coaches Corner** Performance Routine B2
11:00am	Drill Downs (L)
11:30am	**LUNCH**
1:00pm	Officers Workshop 2 (L)
1:30pm	**Director/Coaches Workshop 2** Choreography To Go: Team Routine 2 (C)
3:00pm	All American Audition (E)
3:45pm	Unity Workshop (B)
4:30pm	**DINNER**
6:00pm	Performance Routine A3
7:00pm	Performance Routine A Evaluation (E)
8:00pm	Unity Games (B) **Pin It Forward**

DAY 4

7:00am	**BREAKFAST**
8:30am	Warm-Ups & Conditioning (S) USA Camp Dance Review **Director/Coaches Meeting**
9:00am	Performance Routine B3
10:00am	**USA Spectacular (E)** Routine B Showcase Choreography To Go: Team Routine Evaluation Final Drill Down Supersensational Finals
12:00pm	**Closing Awards Ceremony**

Friends and family are welcome to camp on Day 4 beginning at 10:00 am.

Day 4 will end at approximately 12:00 pm depending on the camp size.

Class times and offerings may vary by camp location.

***The number of meals included may vary by location. (Breakfast, Lunch and Dinner) Please refer to online camp listings for more information.**