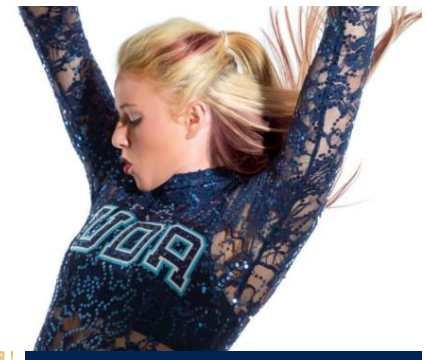




UDA OVERNIGHT CAMP

Sample Schedule 2016



DANCE WITH UDA THIS SUMMER!

Time

Activity

DAY 1

9:00-11:00	Registration and Check in
12:15	UDA Routine Sneak Peek <i>(Coaches and Captains only)</i>
1:00	UDA Camp Kick Off
1:30	Warm Up/Stretch/Team Leader
2:00	Sideline Class
2:30	"A" Routine
4:15	Optional Home Routine Rehearsal
5:00	Dinner Break
6:45	Home Routine Evaluations
7:30	Drill Downs
7:45	Big Sis-Lil Sis/Teambuilding
8:00	Announcements
8:15	UDA Sneak Peek for Day 2 <i>(Coaches and Captains Only)</i>

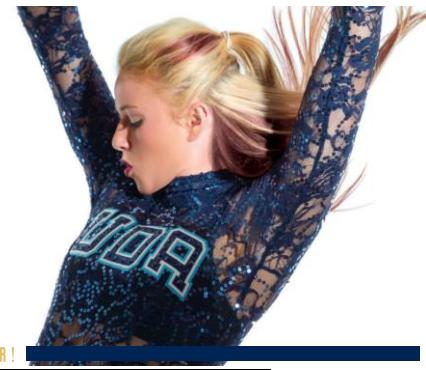
DAY 2

7:00	Breakfast
8:00	All American Meeting
8:30	Warm Up/Stretch/Team Leader
9:00	"A" Routine Review
9:45	"B" Routine
11:30	Lunch Break
1:30	Team Technique Class 1
2:40	"C" Routine
3:50	Drill Downs
4:10	Teambuilding
4:30	Dinner Break
6:30	Elective Stations
7:30	Cool Down
7:45	#danceteamlife
8:00	Team Leader
8:15	Announcements/Optional Open Practice



UDA OVERNIGHT CAMP

Sample Schedule 2016



DANCE WITH UDA THIS SUMMER!

Time	Activity
<u>DAY 3</u>	
7:00	Breakfast
8:00	All American Meeting
8:30	Warm Up/Stretch/Team Leader
9:00	"A" Routine Review
9:30	"B" Routine Review
10:30	"C" Routine Review
11:00	Drill Downs
11:15	Mock Evaluations
11:30	Lunch Break
1:30	All American Evaluations
2:15	"A" Routine Evaluations
3:15	Gatorade Break/Open Practice
3:30	Team Technique Class 2
4:45	Dinner Break
6:30	Crazy Night!
7:45	Team Leader/Teambuilding
8:15	UDA All American Selection Announcements
8:30	Optional 30 Minute Open Practice

<u>DAY 4</u>	
7:00	Breakfast
8:30	Warm Up/Stretch
9:00	Quick Review of "B" and "C" Routines
9:30	"B" and "C" Routine Evaluations
10:45	Break
11:00	Final Drill Down
11:30	Final Awards

SEE YOU NEXT SUMMER!