



D A N C E & D R I L L

3 DAY TEAM CAMP BASIC SCHEDULE

DAY ONE:

8:00-9:00 AM Coaches Meeting @ Host High School
9:00 AM-6:00 PM Warm Up, Team Unity, Technique Classes, Routines, Military Training,
Coaches Classes & Catered Lunch & Dinner
6:00-8:00 PM Home Routine Showcase Performance & Excusal

DAY TWO:

8:30AM-6:00PM Warm Up, Technique Classes, Routines, Lyrical Master Class, Drill Down,
Coaches Classes & Catered Lunch
6:00-7:00 PM Awards, Team Unity Activity & Catered Dinner

DAY THREE:

8:30AM-3:00PM Warm Up, B All U Can B Classes, Routines, Coaches Classes
& Catered Lunch
3:00-5:00 PM EPIC Showcase of Routines/Awards & Excusal

Classes Include:

Technique Classes Include:

Beginning, Intermediate, Advanced & Pro Levels for Turns, Jumps & Leaps.

Full Length Performance Routines:

4-6 Routines offered with complete choreography, formations, levels, ripples and legal professionally edited music.

Coaches Classes Include:

State rules, Motivation, Injury prevention & longevity in coaching

B All U Can Be:

One on One Team Training with an individual staff member