

UDA OVERNIGHT TECHNIQUE CAMP SAMPLE SCHEDULE 2012

DAY 1

9:00-11:00 Registration and Check in
12:15 UDA Routine Sneak Peek
(Coaches and Captains ONLY)
1:00 UDA Camp Kick Off
1:30 Warm Up/Stretch/UDA Line Dance
2:00 Motion Technique
2:20 "A" Routine
4:00 Home Routine Rehearsal/
"A" Routine Practice
4:30 Dinner Break
6:30 Home Routine Evaluations
7:30 Drill Downs
7:45 Big Sis-Lil Sis/Team Building
8:15 Announcements
8:30 UDA Sneak Peak for Day 2/Leadership
Meeting/Preview Leveled Technique
Progressions (Coaches and Captains
ONLY)

DAY 2

7:00 Breakfast
8:00 All American Meeting
8:30 Warm Up/Stretch
9:00 "A" Routine Review
9:45 Team Technique Class/Open Practice
11:20 Announcements
11:30 Lunch Break
1:30 Hip Hop Warm Up
2:00 "B" Routine
4:00 Drill Downs
4:30 Dinner Break
6:15 Leveled Technique Class - Turns
7:15 "B" Routine Review
8:00 Cool Down
8:15 Big Sis-Lil Sis/Teambuilding
8:30 Announcements

DAY 3

7:00 Breakfast
8:00 All American Meeting
8:30 Warm Up/Stretch
9:00 Team Technique Class/Open Practice
10:15 "A" Routine Review
10:45 "B" Routine Review
11:15 Mock Evaluations
11:30 Lunch Break
1:15 Lifts Class/"C" Routine
2:00 Hip Hop Technique Class/"C" Routine
2:45 Leveled Technique Class – Leaps/Jumps
3:45 UDA All American Evaluations
4:30 Dinner Break
6:30 Teambuilding/CRAZY NIGHT!
7:30 Drill Downs
7:45 Cool Down
8:00 Big Sis-Lil Sis
8:15 UDA All American Selection
Announcements

DAY 4

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

All times are approximate. Times may vary based on University meal times, facilities, etc. Exact times will be given out during camp check in.