

UDA TWO NIGHT 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/Sideline Class
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 /Leadership Meeting
(Coaches and Captains ONLY)
8:45 All American Meeting

DAY 2

7:00 Breakfast
8:00 All American Meeting
8:30 Warm Up/Stretch/UDA Line Dance
9:00 "A" Routine Review
9:45 Team Technique/Open Practice
11:15 Mock Evaluations/Announcements
11:30 Lunch Break
1:00 Technique Warm Up
1:15 Technique Skills Stations
2:15 "B" Routine
3:45 Gatorade Break/Fashion Show
4:00 UDA All American Evaluations
4:30 Dinner
6:00 "B" Routine Review
6:45 Drill Downs
7:00 Cool Down
7:15 Big Sis-Lil Sis/Teambuilding
8:00 Announcements
8:15 UDA All American Selection

DAY 3

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

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