

UDA RESORT CAMP SAMPLE SCHEDULE

Day 1

9:00–11:00 Registration and Check in
11:45 UDA Routine Sneak Peek
(Coaches & Captains ONLY)
12:30 UDA Camp Kick-off
1:00 Warm Up / Stretch
1:30 Sidelines / Pom Technique
2:00 "A" Routine
3:45 Home Routine Rehearsal /
"A" Routine Practice
4:30 Dinner Break
6:30 Home Routine Evaluations
7:30 Drill Downs
7:45 Meet your Big Sis
8:15 Announcements
8:30 UDA Sneak Peek (for Day 2)
(Coaches & Captains ONLY)

Day 2

7:00 Breakfast
8:00 All American Meeting
8:30 Warm Up / Stretch
9:00 "A" Routine Review
9:45 "B" Routine
11:20 Announcements
11:30 Lunch Break
1:30 Hip Hop Warm Up
2:00 Technique Class
3:30 Teambuilding
4:15 Drill Downs
4:30 Dinner Break
6:15 "C" Routine
8:00 Cool Down
8:15 Big Sis/Lil Sis Meeting
8:30 Announcements

Day 3

7:00 Breakfast
8:00 All American Meeting
8:30 Warm Up / Stretch
9:00 "A" Routine Review
9:30 "B" Routine Review
10:15 "C" Routine Review
11:15 Mock Evaluations
11:30 Lunch Break
1:00 All American Evaluations /
"A" Routine Evaluations
2:00 Announcements
Afternoon Free for Resort Activity

Day 4

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

All times are approximate. Times may vary due to facilities, etc. Exact times will be given out during camp check-in.