

UDA Day Camp Sample Schedule

2 Day Sample Schedule

Day 1

8:00 Check-in / Registration
 8:15 UDA Camp Kick Off
 8:30 Warm Up / Stretch
 9:00 "A" Routine Preview
 9:15 Sidelines / Pom Technique
 9:45 "A" Routine
 11:15 Home Routine Rehearsal/
 "A" Routine Practice
 11:45 Lunch Break
 1:00 Home Routine Evaluation
 1:30 "B" Routine Preview
 1:45 "B" Routine
 3:30 Drill Downs
 4:00 Meet your Big Sis
 4:15 Announcements
 4:30 All American Meeting

Day 2

8:00 All American Meeting
 8:30 Warm Up / Stretch
 9:00 Review "A" Routine
 9:30 Review "B" Routine
 10:15 Technique Class / Open Practice
 11:15 Team Building
 11:45 Mock Evaluation
 12:00 Lunch Break
 1:00 Cra-Z-Day
 1:30 All American Evaluation
 2:00 Review "A" Routine
 2:30 Review "B" Routine
 3:15 Final Evaluations of "A" & "B"
 3:45 Break
 4:00 Final Drill Downs
 4:15 Final Awards

3 Day Sample Schedule

Day 1

8:00 Check-in / Registration
 8:15 UDA Camp Kick Off
 8:30 Warm Up / Stretch
 9:00 "A" Routine Preview
 9:15 Sideline / Pom Technique
 9:45 "A" Routine
 11:15 Home Routine Rehearsal/
 "A" Routine Practice
 11:45 Lunch Break
 1:00 Home Routine Evaluation
 1:30 Technique Class /Open Practice
 2:45 Team Building
 3:15 Drill Downs
 3:30 Big Sis/Lil Sis Meeting
 3:45 All American Meeting /
 "A" Routine Practice
 4:15 UDA Routine Sneak Peek
 4:30 Announcements

Day 2

8:00 All American Meeting
 8:30 Warm Up / Stretch
 9:00 Review "A" Routine
 9:30 "B" Routine
 11:15 Drill Downs
 11:30 Lunch Break
 1:00 Cra-Z-Day!
 1:30 "C" Routine
 3:15 Mock Evaluation
 3:45 Drill Downs
 4:00 Big Sis/Lil Sis Meeting
 4:30 Announcements

Day 3

8:00 Warm Up / Stretch
 8:30 Review "A" Routine
 9:00 Review "B" Routine
 9:45 Review "C" Routine
 10:45 Drill Downs
 11:15 Lunch Break
 1:00 All American Evaluations
 1:30 Break
 1:45 Quick Review of "A", "B",
 "C" Routines
 2:30 Final Evaluations of "A", "B",
 "C" Routines
 3:45 Break
 4:00 Final Drill Downs
 4:15 Final Awards

4 Day Sample Schedule

Day 1

8:00 Check In / Registration
 8:30 UDA Camp Kick Off
 9:00 Warm Up / Stretch
 9:30 "A" Routine Preview
 9:45 Sidelines / Pom Technique
 10:15 "A" Routine
 11:45 Home Routine Rehearsal / "A"
 Routine Practice
 12:15 Lunch Break
 1:15 Home Routine Evaluation
 1:45 "B" Routine
 3:15 Drill Downs
 3:30 Meet your Big Sis
 3:45 Announcements
 4:00 UDA Routine Sneak Peek
 4:15 All American Meeting /
 Routine Practice

Day 2

8:30 Warm Up / Stretch
 9:00 Review "A" Routine
 9:45 Review "B" Routine
 10:30 Team Building
 11:15 Drill Downs
 11:30 Lunch Break
 12:30 Hip Hop Warm Up
 12:45 Technique Class /Open Practice
 2:00 "C" Routine
 3:45 Big Sis/Lil Sis Meeting
 4:00 Announcements
 4:15 All American Meeting /
 Routine Practice

Day 3

8:00 All American Meeting
 8:30 Warm Up / Stretch
 9:00 Review "A" Routine
 9:30 Review "B" Routine
 10:00 Review "C" Routine
 11:15 Mock Evaluations
 11:30 Lunch Break
 1:00 Cra-Z-Day!
 1:45 "D" Routine
 2:15 Show "D" Routine
 2:30 Technique Class / Open Practice
 3:30 All American Evaluation
 4:00 Drill Downs
 4:15 Big Sis/Lil Sis Meeting
 4:00 Routine Practice
 4:30 Announcements

Day 4

8:30 Warm Up / Stretch
 9:00 Quick Review of "A", "B",
 "C" Routines
 9:30 Final Evaluations
 10:30 Break
 11:00 Final Drill Down
 11:15 Final Awards

Times are approximate. Times may vary based on facilities. Exact times will be given out during camp check-in.

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