

UDA Home Camp Sample Schedule (Traditional or Elite)

ONE DAY HOME CAMP

9:00 Warm Up/Stretch
 9:30 Technique Class
 10:30 Learn "A" Routine
 12:15 Lunch
 1:15 Learn "B" Routine
 3:00 Break/Camp Store
 3:15 Drill Downs
 3:45 Review "A" Routine
 4:15 Review "B" Routine
 4:45 Big Sis/Lil' Sis Meeting
 5:00 Dismissal

TWO DAY HOME CAMP

DAY 1

9:00 Warm Up/Stretch
 9:30 Technique Class
 10:15 Learn "A" Routine
 12:00 Lunch Break
 1:15 Learn "B" Routine
 3:00 Break/Camp Store
 3:15 Drill Downs
 3:45 Review "A" Routine
 4:15 Review "B" Routine
 4:45 Big Sis/Lil' Sis Meeting
 5:00 Dismissal
 Optional All American Routine

DAY 2

9:00 Warm Up/Stretch
 9:30 Review "A" Routine
 9:45 Review "B" Routine
 10:00 Technique Class
 10:30 Learn "C" Routine
 12:15 Lunch Break
 1:15 Drill Downs
 1:30 Learn "D" Routine
 3:00 Team Building
 3:30 Review "C" Routine
 3:45 Review "D" Routine
 4:00 Break/Camp Store
 4:15 All American Evaluations
 4:30 Final Drill Downs/
 Evaluations
 4:45 Final Awards
 5:00 Dismissal

THREE DAY HOME CAMP

DAY 1

9:00 Warm Up/Stretch
 9:30 Technique Class
 10:15 Learn "A" Routine
 12:00 Lunch Break
 1:15 Learn "B" Routine
 3:00 Break/Camp Store
 3:15 Drill Downs
 3:45 Review "A" Routine
 4:15 Review "B" Routine
 4:45 Big Sis/Lil' Sis Meeting
 5:00 Dismissal /
 Optional All American Routine

DAY 2

9:00 Warm Up/Stretch
 9:30 Review "A" Routine
 10:00 Review "B" Routine
 10:30 Technique Class
 11:30 Lunch Break
 12:45 Hip Hop Warm Up
 1:00 Learn "C" Routine
 2:45 Break/ Camp Store
 3:00 Team Building
 3:45 Drill Downs
 4:00 Review "C" Routine
 4:45 Big Sis/Lil' Sis Meeting
 5:00 Dismissal /
 Review All American Routine

DAY 3

9:00 Warm Up/Stretch
 9:30 Review "A" Routine
 9:45 Review "B" Routine
 10:00 "Review "C" Routine
 10:15 Drill Downs
 10:30 Learn "D" Routine
 12:00 Lunch Break
 1:15 Technique Class
 2:15 Review "D" Routine
 3:00 Break/Camp Store
 3:15 All American Evaluations
 3:45 Routine Evaluations
 4:30 Awards
 5:00 Dismissal

FOUR DAY HOME CAMP

DAY 1

9:00 Warm Up/Stretch
 9:30 Technique Class
 10:15 Learn "A" Routine
 12:00 Lunch
 1:15 Learn "B" Routine
 3:00 Break/Camp Store
 3:15 Drill Downs
 3:45 Review "A" Routine
 4:15 Review "B" Routine
 4:45 Big Sis/Lil' Sis Meeting
 5:00 Dismissal/Optional All American Routine

DAY 2

9:00 Warm Up/Stretch
 9:30 Review "A" Routine
 10:00 Review "B" Routine
 10:30 Technique Class
 11:30 Lunch
 12:45 Hip Hop Warm Up
 1:00 Learn "C" Routine
 2:45 Break/Camp Store
 3:00 Teambuilding
 3:45 Drill Downs
 4:00 Review "C" Routine
 4:45 Big Sis/Lil' Sis Meeting
 5:00 Dismissal/Review All American Routine

DAY 3

9:00 Warm Up/Stretch
 9:30 Review "A" Routine
 9:45 Review "B" Routine
 10:00 Review "C" Routine
 10:15 Technique Class
 11:30 Lunch
 1:00 Learn "D" Routine
 2:30 Break/Camp Store
 2:45 Team Routine
 4:30 Drill Downs
 4:45 Big Sis/Lil' Sis Meeting
 5:00 Dismissal/Review All American Routine

Day 4

9:00 Warm Up/Stretch
 9:30 Review Team Routine
 10:15 Technique Class
 10:45 Review "A" Routine
 11:00 Review "B" Routine
 11:15 Review "C" Routine
 11:30 Lunch
 12:30 All American Evaluation
 1:00 Routine Evaluation
 1:30 Final Awards

All times are approximate.

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