

UDA Home Technique Camp Sample Schedule

Two Day Home Technique 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 Meet your Big Sis
 5:00 Dismissal
 Optional All American Routine

Day 2

9:00 Warm Up / Stretch
 9:30 Review "A" Routine
 9:45 Technique Class
 10:45 Learn "B" Routine
 12:15 Lunch Break
 1:15 Review Technique "B"
 3:00 Drill Downs
 3:15 Teambuilding
 3:45 Break / Camp Store
 4:00 Review "B" Routine
 4:15 Review Technique "B"
 4:30 Drill Downs / Evaluations
 4:45 Final Awards

Three Day Home Technique Camp

Day 1

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

Day 2

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

Day 3

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

Four Day Home Technique Camp

Day 1

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

Day 2

9:00 Warm Up / Stretch
 9:30 Review "A" Routine
 9:45 Technique Class
 10:45 Learn "B" Routine
 12:15 Lunch Break
 1:15 Review Technique "B"
 3:00 Teambuilding
 3:30 Drill Downs
 3:45 Break / Camp Store
 4:00 Review "B" Routine
 4:15 Review Technique "B"
 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 Learn "C" Routine
 11:45 Drill Downs
 12:00 Lunch Break
 1:00 Technique Class
 1:30 Review Technique "C"
 3:15 Break / Camp Store
 3:30 Learn "D" Routine
 5:00 Dismissal /
 Review All American Routine

Day 4

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

All times are approximate.

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