

# UDA COLLEGE HOME CAMP SAMPLE SCHEDULES

## Three Day Sample Schedule

### Day 1

9:00 Warm Up / Stretch  
9:30 Technique Class  
10:15 Learn "A" Routine  
12:00 Lunch Break  
1:00 Learn "B" Routine  
3:00 Break  
3:15 Review "A" Routine  
4:00 Review "B" Routine  
4:45 Team Building  
5:00 Dismissal

### Day 2

9:00 Warm Up / Stretch  
9:30 Sideline Class  
10:30 Review "A" Routine  
11:00 Review "B" Routine  
11:30 Lunch Break  
12:30 Learn "C" Routine  
2:30 Technique Class  
3:00 Break  
3:15 Review Sidelines  
3:45 Review "C" Routine  
4:45 Team Building  
5:00 Dismissal

### Day 3

9:00 Warm Up / Stretch  
9:30 Review "C" Routine  
10:00 Learn "D" Routine  
10:45 Break  
11:00 Review "D" Routine  
12:00 Lunch Break  
1:15 Technique Class  
2:15 Final Sideline Review  
2:45 Team Building  
3:00 Break  
3:15 Final "A" Routine Review  
3:30 Final "B" Routine Review  
3:45 Final "C" Routine Review  
4:15 Final "D" Routine Review  
5:00 Dismissal

## Two Day Sample Schedule

### Day 1

9:00 Warm Up / Stretch  
9:30 Technique Class  
10:15 Learn "A" Routine  
12:00 Lunch Break  
1:00 Learn "B" Routine  
3:00 Break  
3:15 Review "A" Routine  
4:00 Review "B" Routine  
4:45 Team Building  
5:00 Dismissal

### Day 2

9:00 Warm Up / Stretch  
9:30 Technique Class  
10:15 Learn "C" Routine  
12:00 Lunch Break  
1:00 Sideline Class  
2:00 Technique Class  
3:00 Break  
3:15 Review "A" Routine  
3:30 Review "B" Routine  
3:45 Review "C" Routine  
4:45 Team Building  
5:00 Dismissal