

UDA Two Night 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
7:00 Drill Downs
7:30 Meet your Big Sis
8:00 Announcements
8:15 UDA Sneak Peek (for Day 2)
Coaches & Captains ONLY
8:30 UDA All American Meeting

Day 2

7:00 Breakfast
8:00 All American Meeting
8:30 Warm Up / Stretch
9:00 Routine "A" Review
9:45 "B" Routine
11:30 Technique Class
12:30 Lunch Break
Afternoon Free for Resort Activities
6:30 Hip Hop Warm Up
6:45 Review "A" Routine
7:00 Review "B" Routine
7:30 Mock Evaluations
7:45 Big Sis /Lil Sis Meeting
8:00 Drill Downs
8:15 Announcements

Day 3

7:00 Breakfast
8:30 Warm Up / Stretch
9:00 All American Evaluations
9:30 Quick Review of:
"A" and "B" Routines
9:45 "A" and "B" 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.