

# UDA Two Night Camp Schedule

## Day 1

9-11:00 Check in/Registration  
11:45 UDA 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 Evaluation  
7:30 Drill Downs  
7:45 Meet your Big Sis  
8:15 Announcements  
8:30 UDA Sneak Peek (for Day 2)  
(Coaches & Captains ONLY)  
8:45 All American Meeting

## Day 2

7:00 Breakfast  
8:00 All American Meeting  
8:30 Warm Up / Stretch  
9:00 Review "A" Routine  
9:30 "B" Routine  
11:15 Mock Evaluations /  
Announcements  
11:30 Lunch Break  
1:00 Hip Hop Warm Up  
1:15 Technique Class  
2:45 "C" Routine  
4:00 UDA All American Evaluations  
4:30 Dinner Break  
6:00 Quick "A" Routine Review  
6:15 Review "B" Routine  
7:00 Teambuilding  
7:45 Drill Downs  
8:15 Cool Down  
8:30 Big Sis/Lil'Sis Meeting  
8:45 Announcements  
UDA All American Selection

## Day 3

7:00 Breakfast  
8:30 Warm Up / Stretch  
9:00 Quick Review of "A" & "B"  
Routines  
9:30 Final Evaluations  
10:30 Break  
10:45 Quick Review of "C" Routines  
11:00 Show "C" Routine  
11:15 Final Drill Down  
11:30 Final Awards

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

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