

UDA OVERNIGHT CAMP SAMPLE SCHEDULE 2012

DAY 1

9:00-11:00 Registration and Check in
12:15 UDA Routine Sneak Peek
(Coaches and Captains ONLY)
1:00 UDA Camp Kick Off
1:30 Warm Up/Stretch/UDA Line Dance
2:00 Motion Technique/Sideline Class
2:20 "A" Routine
4:00 Drill Downs
4:15 Home Routine Rehearsal
4:45 Dinner Break
6:30 Home Routine Evaluations
7:30 Elective Classes
8:15 Big Sis-Lil Sis/Team Building
8:30 Announcements
8:45 UDA Sneak Peak for Day 2/ Leadership Meeting (coaches and captains only)

DAY 2

7:00 Breakfast
8:00 All American Meeting
8:30 Warm Up/Stretch/UDA Line Dance
9:00 "A" Routine Review
9:45 "B" Routine
11:20 Announcements
11:30 Lunch Break
1:30 Technique Warm Up
1:45 Team Technique Class
3:45 Drill Downs
4:15 Dinner Break
6:15 "C" Routine
8:00 Cool Down
8:15 Big Sis-Lil Sis/Teambuilding
8:30 Announcements

DAY 3

7:00 Breakfast
8:00 All American Meeting
8:30 Warm Up/Stretch/Sideline Review
9:00 "A" Routine Review
9:30 "B" Routine Review
10:15 "C" Routine Review
11:15 Mock Evaluations
11:30 Lunch Break
1:30 Technique Skills Stations
2:45 Gatorade Break/Spirit Shop Fashion Show/Open Practice
3:00 "A" Routine Evaluations
3:45 UDA All American Evaluations
4:30 Dinner Break
6:30 CRAZY NIGHT!
7:45 Drill Downs
8:00 Big Sis-Lil Sis/Teambuilding
8:15 UDA All American Selection Announcements

DAY 4

7:00 Breakfast
8:30 Warm Up/Stretch/UDA Line Dance
9:00 Quick Review of "B" and "C" Routines
9:30 "B" and "C" Routine Evaluations
10:45 Break
11:00 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.