

# UDA OVERNIGHT 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  
7:30 Drill Downs  
7:45 Meet your Big Sis  
8:15 Announcements  
8:30 UDA Sneak Peek (for Day 2)  
(Coaches & Captains ONLY)

### Day 2

7:00 Breakfast  
8:00 All American Meeting  
8:30 Warm Up / Stretch  
9:00 "A" Routine Review  
9:45 "B" Routine  
11:20 Announcements  
11:30 Lunch Break  
1:30 Hip Hop Warm Up  
2:00 Technique Class / Open Practice  
3:30 Teambuilding  
4:15 Drill Downs  
4:30 Dinner Break  
6:15 "C" Routine  
8:00 Cool Down  
8:15 Big Sis/Lil Sis Meeting  
8:30 Announcements

### Day 3

7:00 Breakfast  
8:00 All American Meeting  
8:30 Warm Up / Stretch  
9:00 "A" Routine Review  
9:30 "B" Routine Review  
10:15 "C" Routine Review  
11:15 Mock Evaluations  
11:30 Lunch Break  
1:15 Cra-Z-Slumber Party  
2:00 "D" Routine  
2:30 Show "D" Routines  
2:45 Technique Class / Open Practice  
3:45 UDA All American Evaluation  
4:30 Dinner Break  
6:30 "A" Routine Evaluations  
7:15 Drill Downs  
7:45 Big Sis/Lil Sis Meeting  
8:30 UDA All American Selection

### Day 4

7:00 Breakfast  
8:30 Warm Up / Stretch  
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.

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