

2009 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.