

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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