

# AMP YOUR PERFORMANCE!

## 2018 AMERIDANCE SUMMER CAMP

### 2-Day Home Camp Sample Schedule

#### DAY-1

- 8:30-9:00 Arrival & Check-In / Collect Medical / Release Forms
- 9:00 Welcome & Introductions/ Ice Breaker Activity
- 9:15 Group Warm-Up & Technical Session
- 10:00 Routine #1
- 11:30 Team Bonding Exercise
- 12:00 Lunch Break
- 1:00 Warm-Up
- 1:15 Routine #1 Review
- 1:45 Routine #2
- 3:00 Private Coaching
- 3:30 Daily Material Review
- 3:45 Evaluations & Daily Awards
- 4:00 Dismissed

#### DAY-2

- 9:00 Group Warm-Up & Technical Session
- 9:45 Review All Dances
- 10:00 Routine #3
- 11:30 Team Bonding Exercise
- 11:45 Private Coaching
- 12:00 Lunch Break
- 1:00 Warm-Up
- 1:15 Material Review
- 1:45 Continue Material Review or Routine #4
- 2:45 Final Evaluation Prep Time
- 3:15 Camp Material Showcase & Final Awards
- 4:00 Dismissed