



3-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 Routine #3 Review
- 1:30 Routine #4
- 3:00 Daily Material Review
- 3:30 Fun Time/Evaluations & Daily Awards
- 4:00 Dismissed



DAY- 3

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| 9:00 | Group Warm-Up & Technical Session |
| 9:45 | Review All Dances |
| 10:15 | Routine #5 |
| 11:45 | Private Coaching |
| 12:00 | Lunch Break |
| 1:00 | Warm-Up |
| 1:15 | Material Review/All-American Dream Team Tryout |
| 1:45 | Continue Material Review or Routine #6 |
| 2:45 | Final Evaluation Prep Time |
| 3:15 | Camp Material Showcase & Final Awards |
| 4:00 | Dismissed |