



DANCE TEAM CENTRAL

HIGH SCHOOL
DANCE CAMP

Aug 1st & 2nd, 2023

Schedule is subject to change

DAY 1	
TIME	SCHEDULE
8:30am-9:00am	Arrive & Check-in
9:00am-9:10am	Camp Kick Off
9:10am-9:30am	Warm-Up/Stretches
9:30am-10:00am	Sidelines
10:05-10:15am	Routine A Demos
10:15am-12:00pm	Routine A
12:00pm-12:45pm	Break
12:45pm-1:15pm	Hip Hop/Pom Tricks
1:20pm-1:30pm	Routine B Demos
1:30-3:15pm	Routine B
3:15pm-3:30pm	Break
3:30pm-4:15pm	Review Routine A
4:15pm-5:00pm	Review Routine B
5:00 PM	Huddle & Dismiss

DAY 2	
TIME	SCHEDULE
8:45am-9:00am	Arrive
9:00am-9:30am	Team Bonding Activity
9:30am-10:00am	Warm-Up/Stretches
10:05am-10:15am	Routine C Demos
10:15am-12:00pm	Routine C
12:00pm-12:45pm	Break
12:45pm-1:30pm	Sidelines (review & run through)
1:30pm-2:00pm	Review Routine A
2:00pm-2:30pm	Review Routine B
2:30pm-3:30pm	Review Routine C
3:30pm-4:00pm	Break/Get Ready
4:00 PM	SHOWCASE BEGINS