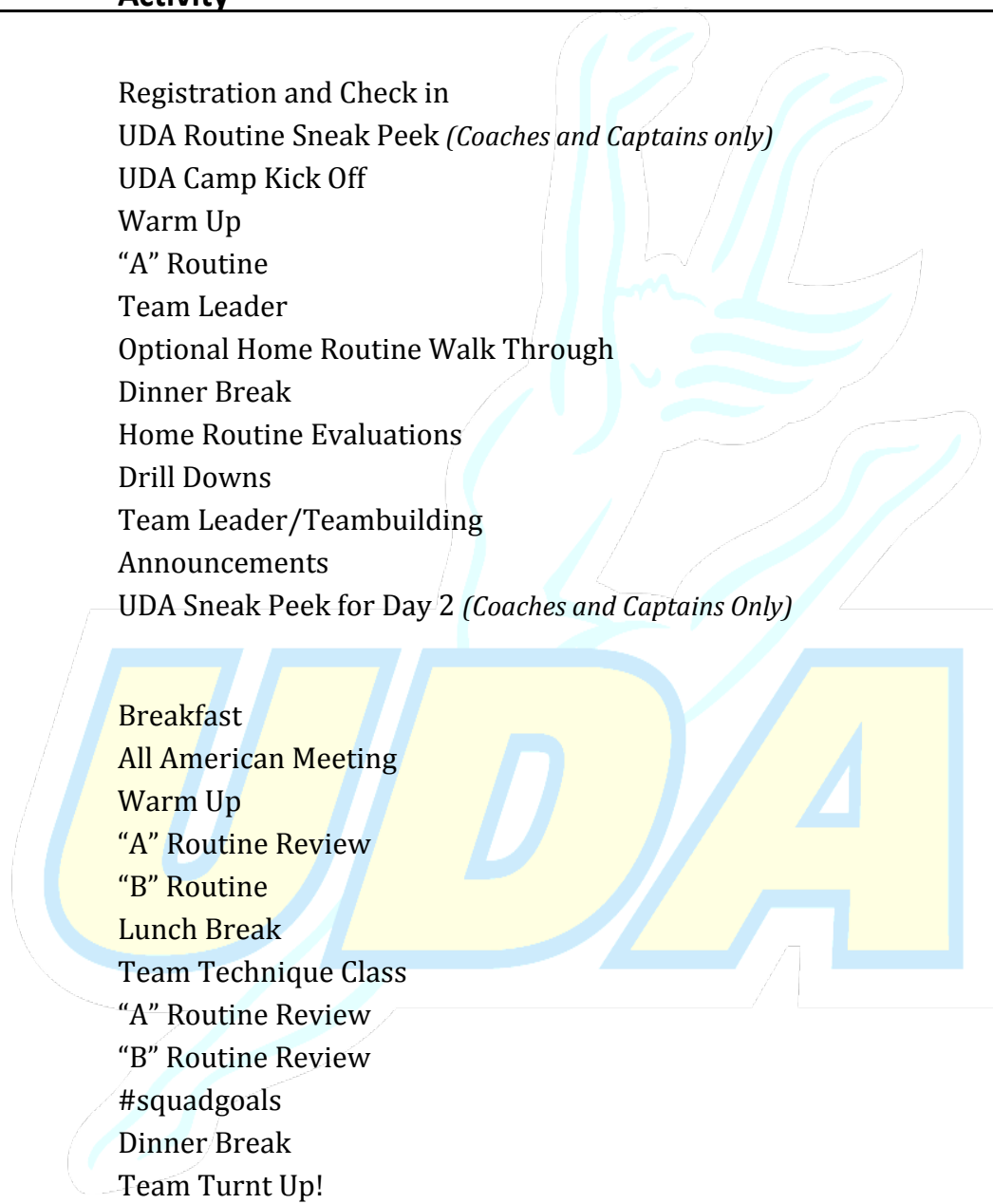


UDA 2 NIGHT CAMP

Sample Schedule 2018

Time	Activity	Location
<u>DAY 1</u>		
9:00-11:00	Registration and Check in	
12:15	UDA Routine Sneak Peek <i>(Coaches and Captains only)</i>	
1:00	UDA Camp Kick Off	
1:30	Warm Up	
2:00	"A" Routine	
3:45	Team Leader	
4:00	Optional Home Routine Walk Through	
4:45	Dinner Break	
6:30	Home Routine Evaluations	
7:15	Drill Downs	
7:30	Team Leader/Teambuilding	
7:45	Announcements	
8:00	UDA Sneak Peek for Day 2 <i>(Coaches and Captains Only)</i>	
<u>DAY 2</u>		
7:00	Breakfast	
8:00	All American Meeting	
8:30	Warm Up	
9:00	"A" Routine Review	
9:45	"B" Routine	
11:30	Lunch Break	
1:30	Team Technique Class	
3:00	"A" Routine Review	
3:20	"B" Routine Review	
4:00	#squadgoals	
4:30	Dinner Break	
6:30	Team Turnt Up!	
7:00	Mock Evaluations	
7:15	Drill Downs	
7:30	All American Evaluations	
8:00	Teambuilding/Team Leader	
8:30	Announcements/Optional Open Practice	



UDA 2 NIGHT CAMP

Sample Schedule 2018

<u>Time</u>	<u>Activity</u>	<u>Location</u>
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DAY 3

7:00	Breakfast	
8:30	Warm Up	
9:00	Quick Review of "A" and "B" Routines	
9:30	"A" and "B" Routine Evaluations	
10:45	Break	
11:00	Final Drill Down	
11:30	Final Awards	

SEE YOU NEXT SUMMER!

