



## UDA Home Camp Sample Schedule (Traditional)

### ONE DAY HOME CAMP

12:00 Warm Up  
 12:30 Technique Class  
 1:30 "A" Routine  
 3:00 Snack Break/Camp Store  
 3:30 "B" Routine  
 5:00 Drill Downs  
 5:15 "A" Routine Review  
 5:45 "B" Routine Review  
 6:15 Teambuilding  
 6:30 Dismissal

### TWO DAY HOME CAMP

#### **DAY 1**

12:00 Warm Up  
 12:30 Technique Class  
 1:30 "A" Routine  
 3:00 Snack Break/Camp Store  
 3:30 "B" Routine  
 5:00 Drill Downs  
 5:15 "A" Routine Review  
 5:45 "B" Routine Review  
 6:15 Team Leader/Team Building  
 6:30 Dismissal/Optional All American Meeting

#### **DAY 2**

9:00 Warm Up  
 9:15 "A" Routine Review  
 9:30 "B" Routine Review  
 10:00 Technique Class  
 10:45 "C" Routine  
 12:15 Lunch Break  
 1:15 "C" Routine Review  
 1:45 Cool Down  
 2:00 Team Building  
 2:30 Drill Downs  
 2:45 #squadgoals  
 3:15 All American Evaluations  
 3:30 Final Evaluations  
 4:00 Final Awards  
 4:15 Dismissal/Camp Store

### THREE DAY HOME CAMP

#### **DAY 1**

12:00 Warm Up  
 12:30 Technique Class  
 1:30 "A" Routine  
 3:00 Snack Break/Camp Store  
 3:30 "B" Routine  
 5:00 Drill Downs  
 5:15 "A" Routine Review  
 5:45 "B" Routine Review  
 6:15 Team Leader/Team Building  
 6:30 Dismissal/Optional All American Meeting

#### **DAY 2**

9:00 Warm Up  
 9:15 "A" Routine Review  
 9:30 "B" Routine Review  
 10:00 Technique Class  
 10:45 "C Routine"  
 12:15 Lunch Break/Camp Store  
 1:15 #squadgoals  
 2:00 "C" Routine Review  
 2:30 Team Building  
 3:00 Drill Downs  
 3:15 Team Leader/Team Building  
 3:30 Dismissal/Review All American Routine

#### **DAY 3**

9:00 Warm Up  
 9:15 "A" Routine Review  
 9:30 "B" Routine Review  
 9:45 "C" Routine Review  
 10:15 Break  
 10:30 "D" Routine  
 11:30 Lunch Break  
 1:00 Technique Class  
 2:00 "D" Routine Review  
 2:30 Drill Downs  
 2:45 Break  
 3:00 All American Evaluations  
 3:15 Final Evaluations  
 3:45 Final Awards  
 4:00 Dismissal/Camp Store

### FOUR DAY HOME CAMP

#### **DAY 1**

12:00 Warm Up  
 12:30 Technique Class  
 1:30 "A" Routine  
 3:00 Snack Break/Camp Store  
 3:30 "B" Routine  
 5:00 Drill Downs  
 5:15 "A" Routine Review  
 5:45 "B" Routine Review  
 6:15 Team Leader/Team Building  
 6:30 Dismissal/Optional All American Meeting

#### **DAY 2**

9:00 Warm Up  
 9:15 "A" Routine Review  
 9:30 "B" Routine Review  
 10:00 Technique Class  
 10:45 "C" Routine  
 12:15 Lunch Break/Camp Store  
 1:15 #squadgoals  
 2:00 "C" Routine Review  
 2:30 Teambuilding  
 3:00 Drill Downs  
 3:15 Team Leader/Team Building  
 3:30 Dismissal/Review All American Routine

#### **DAY 3**

9:00 Warm Up  
 9:15 "A" Routine Review  
 9:30 "B" Routine Review  
 9:45 "C" Routine Review  
 10:15 #squadgoals  
 10:45 "D" Routine  
 11:45 Lunch Break  
 1:00 Technique Class  
 2:00 "D" Routine Review  
 2:30 Drill Downs  
 2:45 Team Building  
 3:15 Team Leader/Camp Store  
 3:30 Dismissal/Review All American Routine

#### **DAY 4**

9:00 Warm Up  
 9:15 Technique Class  
 10:00 "A" Routine Review  
 10:15 "B" Routine Review  
 10:30 "C" Routine Review  
 10:45 "D" Routine Review  
 11:00 All American Evaluations  
 11:15 Final Evaluations  
 11:45 Final Awards  
 12:00 Dismissal/Camp Store

**\*All times are approximate.**

### One Day Technique Home Camp

#### **Day 1**

12:00 Warm Up  
12:30 Technique Class  
1:30 "A" Routine  
3:00 Snack Break  
3:30 Technique Class  
5:00 Drill Downs  
5:30 "A" Routine Review  
6:00 Cool Down Stretch  
6:15 Team Building  
6:45 Dismissal/Camp Store

### Two Day Technique Home Camp

#### **Day 1**

12:00 Warm Up  
12:30 Technique Class  
1:30 "A" Routine  
3:00 Snack Break  
3:30 Drill Downs  
4:00 "A" Routine Review  
5:00 Technique Class  
5:30 Clean "A" Routine  
6:00 Team Building  
6:30 Camp Store  
6:45 Dismissal/Optional All American Meeting

#### **Day 2**

9:00 Warm Up  
9:30 "A" Routine Review  
9:45 Technique Class  
10:45 "B" Routine  
12:15 Lunch Break  
1:15 Drill Downs  
1:45 "B" Routine Review  
2:30 Team Building  
2:45 Technique Class  
3:30 Clean "B" Routine  
3:45 Final Evaluations  
4:00 Final Awards/Dismissal/Camp Store

All times are approximate.

### Three Day Technique Home Camp

#### **Day 1**

12:00 Warm Up  
12:30 Technique Class  
1:30 "A" Routine  
3:00 Snack Break  
3:30 Drill Downs  
4:00 "A" Routine Review  
5:00 Technique Class  
5:30 Clean "A" Routine  
6:00 Team Building  
6:30 Camp Store  
6:45 Dismissal/Optional All American Meeting

#### **Day 2**

9:00 Warm Up  
9:30 "A" Routine Review  
9:45 Technique Class  
10:45 "B" Routine  
12:15 Lunch Break  
1:15 Drill Downs  
1:30 "B" Routine Review  
2:30 Team Building  
2:45 Technique Class  
3:15 Clean "B" Routine  
3:45 Camp Store  
4:00 Dismissal/Optional All American Meeting

#### **Day 3**

9:00 Warm Up  
9:30 "A" Routine Review  
9:45 "B" Routine Review  
10:00 "C" Routine  
11:30 Drill Downs  
11:45 Lunch Break  
12:45 Technique Class  
1:45 "C" Routine Review  
3:00 Team Building  
3:15 All American Evaluations  
3:30 Final Evaluations  
3:45 Final Awards  
4:00 Dismissal/Camp Store

### Four Day Technique Home Camp

#### **Day 1**

12:00 Warm Up  
12:30 Technique Class  
1:30 "A" Routine  
3:00 Snack Break  
3:30 Drill Downs  
4:00 "A" Routine Review  
5:00 Technique Class  
5:30 Clean "A" Routine  
6:00 Team Building  
6:30 Camp Store  
6:45 Dismissal/Optional All American Meeting

#### **Day 2**

9:00 Warm Up  
9:30 "A" Routine Review  
9:45 Technique Class  
10:45 "B" Routine  
12:15 Lunch Break  
1:15 Drill Downs  
1:30 "B" Routine Review  
2:30 Team Building  
2:45 Technique Class  
3:15 Clean "B" Routine  
3:45 Camp Store  
4:00 Dismissal/Optional All American Meeting

#### **Day 3**

9:00 Warm Up  
9:30 "A" Routine Review  
9:45 "B" Routine Review  
10:00 "C" Routine  
11:30 Drill Downs  
11:45 Lunch Break  
12:45 Technique Class  
1:45 "C" Routine Review  
3:00 "B" Routine Review  
3:15 "A" Routine Review  
3:30 Team Building  
3:45 Camp Store  
4:00 Dismissal/Optional All American Meeting

#### **Day 4**

9:00 Warm Up  
9:30 "A" Routine Review  
9:45 "B" Routine Review  
10:00 "C" Routine Review  
10:30 Technique Class  
11:15 All American Evaluations  
11:30 Final Evaluations  
11:45 Final Awards  
12:00 Dismissal/Camp Store

