



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 |

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 |

FOUR DAY HOME CAMP

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|--------------|---|
| 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 |

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 |

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| 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 |

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| 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 |

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|--------------|--------------------------|
| 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 |

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|--------------|--------------------------|
| 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 |

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|--------------|---------------------------------------|
| 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 |

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| 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 |

