

# UDA Home Camp Sample Schedule (Traditional or Elite)

## ONE DAY HOME CAMP

9:00 Warm Up/Stretch  
 9:30 Technique Class  
 10:30 Learn "A" Routine  
 12:15 Lunch Break  
 1:15 Learn "B" Routine  
 3:00 Break/Camp Store  
 3:15 Drill Downs  
 3:45 Review "A" Routine  
 4:15 Review "B" Routine  
 4:45 Big Sis/Lil' Sis Meeting  
 5:00 Dismissal

## THREE DAY HOME CAMP

**DAY 1**  
 9:00 Warm Up/Stretch  
 9:30 Technique Class  
 10:30 Learn "A" Routine  
 12:00 Lunch Break  
 1:00 Learn "B" Routine  
 2:45 Drill Downs  
 3:00 Review "A" Routine  
 3:30 Review "B" Routine  
 4:00 Big Sis/Lil' Sis Meeting/Camp Store  
 4:15 Dismissal/Optional All American Meeting

## FOUR DAY HOME CAMP

**DAY 1**  
 9:00 Warm Up/Stretch  
 9:30 Technique Class  
 10:30 Learn "A" Routine  
 12:00 Lunch Break  
 1:00 Learn "B" Routine  
 2:45 Drill Downs  
 3:00 Review "A" Routine  
 3:30 Review "B" Routine  
 4:00 Big Sis/Lil' Sis Meeting/Camp Store  
 4:15 Dismissal/Optional All American Meeting

## TWO DAY HOME CAMP

**DAY 1**  
 9:00 Warm Up/Stretch  
 9:30 Technique Class  
 10:30 Learn "A" Routine  
 12:00 Lunch Break  
 1:00 Learn "B" Routine  
 2:45 Drill Downs  
 3:00 Review "A" Routine  
 3:30 Review "B" Routine  
 4:00 Big Sis/Lil' Sis Meeting/Camp Store  
 4:15 Dismissal/Optional All American Meeting

**DAY 2**  
 9:00 Warm Up/Stretch  
 9:15 Review "A" Routine  
 9:30 Review "B" Routine  
 10:00 Technique Class  
 10:45 Learn "C" Routine  
 12:15 Lunch Break  
 1:15 Sidelines  
 2:00 Review "C" Routine  
 2:45 Teambuilding  
 3:15 Drill Downs  
 3:30 Big Sis/Lil' Sis Meeting/Camp Store  
 3:45 Dismissal/Review All American Routine

**DAY 2**  
 9:00 Warm Up/Stretch  
 9:15 Review "A" Routine  
 9:30 Review "B" Routine  
 10:00 Technique Class  
 10:45 Learn "C" Routine  
 12:15 Lunch Break  
 1:15 Sidelines  
 2:00 Review "C" Routine  
 2:45 Teambuilding  
 3:15 Drill Downs  
 3:30 Big Sis/Lil' Sis Meeting/Camp Store  
 3:45 Dismissal/Review All American Routine

**DAY 2**  
 9:00 Warm Up/Stretch  
 9:15 Review "A" Routine  
 9:30 Review "B" Routine  
 10:00 Technique Class  
 10:45 Learn "C" Routine  
 12:15 Lunch Break  
 1:15 Review "C" Routine  
 2:00 Teambuilding  
 2:30 Drill Downs  
 2:45 All American Evaluations  
 3:00 Final Evaluations  
 4:00 Final Awards  
 4:15 Dismissal/Camp Store

**DAY 3**  
 9:00 Warm Up/Stretch  
 9:15 Review "A" Routine  
 9:30 Review "B" Routine  
 9:45 Review "C" Routine  
 10:15 Sidelines  
 10:30 Learn "D" Routine  
 12:00 Lunch Break  
 1:00 Technique Class  
 2:00 Review "D" Routine  
 3:00 Drill Downs  
 3:15 All American Evaluations  
 3:30 Final Evaluations  
 4:00 Final Awards  
 4:15 Dismissal/Camp Store

**DAY 3**  
 9:00 Warm Up/Stretch  
 9:15 Review "A" Routine  
 9:30 Review "B" Routine  
 9:45 Review "C" Routine  
 10:15 Review Sidelines  
 10:30 Learn "D" Routine  
 12:00 Lunch Break  
 1:00 Technique Class  
 2:00 Review "D" Routine  
 3:00 Drill Downs  
 3:15 Teambuilding  
 3:30 Big Sis/Lil' Sis Meeting/Camp Store  
 3:45 Dismissal/Review All American Routine

**DAY 4**  
 9:00 Warm Up/Stretch  
 9:15 Technique Class  
 9:45 Review "A" Routine  
 10:00 Review "B" Routine  
 10:15 Review "C" Routine  
 10:30 Review "D" Routine  
 11:00 All American Evaluations  
 11:15 Final Evaluations  
 11:45 Final Awards  
 12:00 Dismissal/Camp Store

**All times are approximate.**