

UDA Home Technique Camp Sample Schedule

One Day Home Technique Camp

Day 1

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 Drill Downs
3:15 Review & Polish "A" Routine
4:00 Review & Polish "B" Routine
4:45 Teambuilding
5:00 Dismissal/Camp Store

Two Day Home Technique Camp

Day 1

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

Day 2

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

All times are approximate.

Three Day Home Technique Camp

Day 1

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

Day 2

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

Day 3

9:00 Warm Up/Stretch
9:30 Review "A" Routine
9:45 Review "B" Routine
10:00 Learn "C" Routine
11:45 Drill Downs
12:00 Lunch Break
1:00 Technique Class
2:00 Polish "C" Routine
3:30 Teambuilding
3:45 All American Evaluations
4:00 Final Evaluations
4:15 Final Awards
4:30 Dismissal/Camp Store

Four Day Home Technique Camp

Day 1

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

Day 2

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

Day 3

9:00 Warm Up/Stretch
9:30 Review "A" Routine
9:45 Review "B" Routine
10:00 Learn "C" Routine
11:45 Drill Downs
12:00 Lunch Break
1:00 Technique Class
2:00 Polish "C" Routine
3:30 Review "A" Routine
3:45 Review "B" Routine
4:00 Teambuilding
4:15 Camp Store
4:30 Dismissal/Optional All American Meeting

Day 4

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