

UDA COLLEGE HOME CAMP SAMPLE SCHEDULES

Three Day Sample Schedule

Day 1

9:00 Warm Up / Stretch
9:30 Technique Class
10:15 Learn "A" Routine
12:00 Lunch Break
1:00 Learn "B" Routine
3:00 Break
3:15 Review "A" Routine
4:00 Review "B" Routine
4:45 Team Building
5:00 Dismissal

Day 2

9:00 Warm Up / Stretch
9:30 Sideline Class
10:30 Review "A" Routine
11:00 Review "B" Routine
11:30 Lunch Break
12:30 Learn "C" Routine
2:30 Technique Class
3:00 Break
3:15 Review Sidelines
3:45 Review "C" Routine
4:45 Team Building
5:00 Dismissal

Day 3

9:00 Warm Up / Stretch
9:30 Review "C" Routine
10:00 Learn "D" Routine
10:45 Break
11:00 Review "D" Routine
12:00 Lunch Break
1:15 Technique Class
2:15 Final Sideline Review
2:45 Team Building
3:00 Break
3:15 Final "A" Routine Review
3:30 Final "B" Routine Review
3:45 Final "C" Routine Review
4:15 Final "D" Routine Review
5:00 Dismissal

Two Day Sample Schedule

Day 1

9:00 Warm Up / Stretch
9:30 Technique Class
10:15 Learn "A" Routine
12:00 Lunch Break
1:00 Learn "B" Routine
3:00 Break
3:15 Review "A" Routine
4:00 Review "B" Routine
4:45 Team Building
5:00 Dismissal

Day 2

9:00 Warm Up / Stretch
9:30 Technique Class
10:15 Learn "C" Routine
12:00 Lunch Break
1:00 Sideline Class
2:00 Technique Class
3:00 Break
3:15 Review "A" Routine
3:30 Review "B" Routine
3:45 Review "C" Routine
4:45 Team Building
5:00 Dismissal