



Intense Dance

Summer Camp 2010 - Davenport University

Final Day

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8:00-8:40	Check-in in front of South Hall Living Center for Teams
8:45-9:00	Welcome, Introductions in the Student Center (main gym), and Staff Performance
9:00	Team Goals Activity
9:15	Warm Up
9:30- 10:45	Routine 1 Instruction
10:45-11:20	Coaches Welcome Meeting <i>*All coaches must attend this meeting</i>
10:45 - 11:15	Team Seminar
11:15 - 11:45	Technique Combination
11:45	Lunch <i>(Head back to gym by 12:30)</i>
12:45	Staff Performances and Warm up
1:00	Learn Kickline
1:30-3:00	Routine 2 Instruction
3:00	Team Activity without the coach present
3:15	Relaxation
4:00	Team Help
5:15	Dinner
6:00-7:00	Prepare for Nightly Evaluations
7:30	Nightly Evaluations Begin with Routine 1 or 2, Kickline, and Awards in the Student Center (main gym)
TBA	Review comment DVD with staff
11:30	Quiet; all campers in their own suite

**Welcome to
CAMP!**

SAMPLE NO

7:30-8:30 am	Breakfast
8:40-9:00	Role Call, Staff Performance and Warm Up
9:00-10:15	Routine 3 Instruction
10:15-10:45	Kickline
10:45- 11:30	Review routines for Evaluations
11:30-12:30	Lunch
12:30-1:45	Clean Rooms and Checkout. Prepare for for evaluations

***All rooms must be completely empty before final evaluations begin ***

(coaches - return keys to staff at Rock Climbing Wall)

2:00	Evaluations, Awards, and Camp Wrap Up
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- CAMP RULES**
- 1- No Smoking, use of drugs or alcohol at any time during camp.
 - 2- Campers may not leave campus at any time.
 - 3- Attend all scheduled activities.
 - 4- NO visitation by boyfriends, or riding in cars at any time
 - 5- Campers must be in their rooms at times stated for the evening
 - 6- Any camper leaving campus must check out with Camp Director, Jillian Troher **and** your coach before leaving.

Don't forget to visit the sales table for Intense Dance Apparel!

Intense Dance
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Intense Dance Apparel!