

Summer Slam Dance Camp

Pocatello, Idaho

Aug. 6-8 – 2009

What sets us apart from other Dance Camps?

Answer: We give personal attention. We get to know all our students.

We provide the best dance instruction with a personal touch.

Instructors: Britt, Tiff, Natalie, La, Cicily, Melissa

Assistant Instructor: Jocelyn

Day 1 – Thurs.

Time	Mini	Beg.	Int.	Adv.	Directors
8:00-8:30am	Check-In				
8:30-8:45am	Welcome				
8:45-9:45am	Warm-Up & Camp Dance La & Melissa	Warm-Up & Camp Dance La & Melissa	Warm-Up & Camp Dance La & Melissa	Warm-Up & Camp Dance La & Melissa	Warm-Up & Camp Dance La & Melissa
9:50-10:45am	Jazz Part 1 Britt	Jazz Part 1 Melissa	Jazz Part 1 Natalie Jocelyn	Jazz Part 1 Cicily	Lyrical La
10:50-11:45am	Hip Hop Tiff	Turn Tech. Cicily Jocelyn	Lyrical Part 1 Britt	Lyrical Part 1 Natalie	Discussion Q/A Melissa/La
11:45am-12:15	Camp Dnc. Review Melissa	Camp Dnc. Review Melissa	Camp Dnc. Review La	Camp Dnc. Review La	Camp Dnc. Review La
12:15-1:15pm	LUNCH				
1:15-1:30pm	Warm-up La	Warm-up La	Warm-up La	Warm-up La	Warm-up La
1:30-2:15pm	Camp Dnc. Melissa	Camp Dnc. Melissa	Camp Dnc. La	Camp Dance La	Camp Dance La
2:15-3:10pm	Specialty Dnc La	Lyrical Part 1 Natalie	Hip Hop Part1 Tiff	Hip Hop Part1 Britt Jocelyn	Jazz Cicily
3:15-4:10pm	Feet & Locomotor Skills Cicily	Hip Hop Part 1 Britt Jocelyn	Turn Tech. Melissa	Turn Tech. Natalie	Hip Hop Tiff
4:15-5:00pm	<i>Specialty Training Session</i> (refer to STS form for selections offered) Split up by studio, team, or individually.				
5:00pm-5:15pm	All-together end of day stretching and relaxation.				

Dinner on own

Practice Routines on own

Bedtime!!! Get your rest – You're going to need it!!!

Day 2

Time	Minis	Beg.	Int.	Adv.	Directors
8:30-9:15am	Warm-up & Camp Dance La /Melissa	Warm-up & Camp Dance La /Melissa	Warm-up & Camp Dance La /Melissa	Warm-up & Camp Dance La /Melissa	Warm-up & Camp Dance La /Melissa
9:20-10:15am	Jazz Part 2 Britt	Jazz Part 2 Melissa	Jazz Part 2 Natalie Jocelyn	Jazz Part 2 Cicily	Lyrical La
10:20-11:15am	Hip Hop Part 2 Tiff	Hip Hop Part 2 Britt Jocelyn	Tech. Leaps, etc... Melissa Cicily	Lyrical Part 2 Natalie	Break
11:20-12:15pm	Ballroom Training Melissa/Cicily		Lyrical Part 2 Britt	Leap Tech. Natalie Jocelyn	Hot Topic La
12:15-1:15pm	LUNCH				
1:15-2:00pm	Stretch & Camp Dnc. La /Melissa	Stretch & Camp Dance La /Melissa	Stretch & Camp Dance La /Melissa	Stretch & Camp Dance La /Melissa	Stretch & Camp Dance La /Melissa
2:05-3:00pm	Specialty Dnc. La	Lyrical Part 2 Natalie	Hip Hop Part 2 Tiff	Hip Hop Part 2 Britt Jocelyn	Jazz Cicily
3:05-4:00pm	Timing & Rhythms Melissa	Tech. Leaps, etc... Cicily Jocelyn	Combined Latin Ballroom Training Britt & Natalie		
4:05-5:00pm	Camp Dance Review – Blue Ribbon opportunity La /Melissa & Entire Camp Staff				
5:00-5:15pm	All-together end of day stretching and relaxation				

Dinner Break on own

Review Routines on own

Bedtime!! Big Show for your friends & parents tomorrow – get your rest!

Sat. – Day 3

8:30-9:15am	Warm-up & Camp Dance Review - La /Melissa & Entire Camp Staff
9:15-9:20am	Divide camp into two groups – keep studios/teams together
9:25-10:00am (switch classes) 10:05-10:40am	“Improvisation Activity” (La, Natalie, Cicily) “Showmanship – Overcoming Fears of Performing” (Melissa, Tiff, Britt)
10:45-11:50am	Routine Review – all classes
11:50-12:20pm	SNACK BREAK
12:30-1:30pm	SHOWTIME – parents and friends welcome – FREE!!
1:30-2:15pm	Summer Slam “Dance Off” for all Blue Ribbon participants
2:15-2:30pm	Camp Awards
2:30pm	Camp Photos & Clean Up

Upcoming Event you WON'T WANT TO MISS.....

“Rap It Up” Hip Hop Workshop

Oct. 17, 2009 in Murray, Utah

Murray High School

5440 So. State St.

Murray, UT 84107

Specialty Training Session

Team/Group/Individual(s) Name: _____

Coach/Director(s): _____

Select from the following:

(choose only One - circle Choice and give to Lauralyn by Lunch time)

Military Technique and Combos

Kicks and/or Kickline

Flexibility Training exercises

Core Strength Training Exercises

More Technique: Turns, Leaps/Jumps, Specify _____

Cheer Tech./Motions & Basic Tumbling Skills

Broadway/Character Combos