

TDA Sample 2 day Schedule

Day 1

8:30 AM	Instructors arrive
8:45 AM	Registration
9:00 AM	Welcome and Warm-up
9:30 AM	Spirit Dance
10:00 AM	Technique Class
11:00 AM	Routine A
12:00 PM	Lunch
1:00 PM	Team Building
1:30 PM	Finish/Review Routine A
2:00 PM	Routine B
3:30 PM	Cool Down
4:00 PM	End of Day

Day 2

- 8:30 AM Instructors arrive
- 9:00 AM Welcome and Warm-up
- 9:30 AM Review Spirit Dance
- 10:00 AM Review Routine A
- 10:30 AM Technique Class
- 11:00 AM Routine C
- 12:00 PM Lunch
- 1:00 PM All-Star Audition
- 1:30 PM Finish/Review Routine C
- 1:00 PM Review Routine B
- 1:30 PM Routine D
- 3:00 PM Cool Down
- 3:30 PM **Distribute awards and evaluations**
*OPTIONAL: Parents may attend the last 30 minutes to view a showcase of the routine learned and see awards ceremony.
- 4:00 PM End Clinic