

ADTS One Day Intensives



PSJA Southwest HS • December 17th
Duncanville HS • January 28th

Rangerette Revelations
Woodlands Waterway Marriott • January 7th



One Day Dance Intensive Schedule

PSJA Southwest HS – Saturday, December 17th

8:30-9:00am	Registration
9:00-9:30am	Introductions, Stretch, Kick Sequence & Explanation of Routines Offered
9:30-11:30am	ADTS Intensive Routines + Team Building <i>Lauren Cabrera – Contemporary Routine</i> <i>Sarah Zepeda – Sassy Jazz Routine</i>
11:30-11:45am	Show-Off Routines & Ribbons Presented
11:45-12:45pm	Lunch (pre-order from host school or on your own)
12:45-1:00pm	Stretch & Review Kick Sequence
1:00-1:30pm	Technique Workshop (Intermediate-Sarah or Advanced-Lauren)
1:30-3:30pm	ADTS Intensive Routines + Team Building <i>Lauren Cabrera – Pom Routine</i> <i>Sarah Zepeda – Hip Hop Routine</i>
3:30-3:45pm	Show-Off Routines & Ribbons Presented
4:00-4:30pm	Kick-Off for Miss High Kick, Awards & Farewells

2017 American Contests Near You!

February 11 • South Padre Festival – SPI Conv. Center (*All HS divisions, JV & MS welcome*)

February 12 • Jr/Sr South Padre Festival – SPI Conv. Center (*Elem, MS, & Studios welcome*)

2017 American Summer Camps Near You!

June 12-14th • Valley Officer Camp • PSJA Memorial HS • Alamo, TX
June 15-17th • Valley HS/MS Dance Camp • PSJA Memorial HS • Alamo, TX

For more information, please visit our website: www.danceadts.com

