

ADTS Team Camp

DFW COMMUTER CAMP



July 16-18, 2024 • DFW Commuter Camp • Midlothian Heritage HS

DAY 1

- 8:30-9:00 Registration
- 9:00-9:15 Introductions & Stretching
- 9:15-10:00 Dance Technique Workshop (Int and Adv Options)
- 9:30-10:30 Directors Camp Info Meeting w/ —
- 10:00-12:00 Camp Dance & Kick Series
- 12:00-1:00 Lunch (on your own)
- 1:00-3:30 Routine Session #1
- 3:30-3:45 Home Routine Show-off (*Optional*)
- 3:45-4:00 Team Building & Awards of the Day

DAY 2

- 9:00-9:30 Stretch & Camp Dance Review
- 9:30-11:45 Routine Session #2
- 10:00-11:00 Directors Workshop – Technology Tips w/ Erica Wilcox
- 11:45-12:45 Lunch (on your own)
- 12:45-2:45 Routine Session #3
- 1:00-2:00 Directors Workshop – New Director Q & A w/ Tiffany Richey
- 2:45-3:45 *Guest Dance Master Class (Int/Adv) – Emma Cox, Trinity Valley Dance*
Beg/Int option for Middle School - ADTS Staff
- 3:45-4:00 Team Building & Awards of the Day

DAY 3

- 9:00-9:15 Stretch & Camp Dance Review
- 9:15-11:15 BONUS Routine Session (or optional practice time)
- 11:15-12:00 Auditions for **All American/Honorable Mention/Jr. All American**
- 12:00-1:00 Lunch (on your own)
- 1:15-2:00 Auditions for **Kick Co. & Miss High Kick** (*optional*)
- 2:00-3:00 Routine Evaluation (Feature and/or Camp Dance)
- 3:15-4:00 Awards & Farewells