

# APT's Officer Camp

## SOUTH TX DANCE INTENSIVE



## South TX One-Day Dance Intensive Schedule

**July 23, 2024 • Donna North HS (Donna, TX)**

8:30-9:00am	Registration
9:00-9:30am	Introductions, Stretch, & Explanation of Morning Routines
9:30-11:00am	<b>Session #1 Routine</b>
11:00-11:15am	Show-Off Routine & Ribbons Presented
11:15-12:00pm	Leaps & Turns Combos + Team Building
12:00-12:45pm	Lunch
12:45-1:00pm	Stretch & Explanation of Afternoon Routines
1:00-2:30pm	<b>Session #2 Routine</b>
2:30-2:45pm	Show-Off Routine & Ribbons Presented
2:45-4:15pm	<b>Session #3 Routine</b>
4:15-4:30pm	Show-Off Routine & Ribbons Presented
4:30-4:45pm	Team Building & Motivational Activities
4:45-5:00pm	Closing Words

**Session #1 Routine:**

1. Pep Rally Jazz -
2. Pep Rally Pom -

**Session #2 Routine:**

3. Pep Rally Hip Hop -
4. Pep Rally Jazz -

**Session #3 Routine:**

5. Pep Rally Pom -
6. Pep Rally Hip Hop -