

APT's Officer Camp

WEST TX DANCE INTENSIVE



West TX One-Day Dance Intensive Schedule

July 30, 2024 • Amarillo HS (Amarillo, TX)

8:30-9:00am	Registration
9:00-9:30am	Introductions, Stretch, & Explanation of Morning Routines
9:30-11:00am	Session #1 Routine
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	Session #2 Routine
2:30-2:45pm	Show-Off Routine & Ribbons Presented
2:45-4:15pm	Session #3 Routine
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 -