

VALLEY JR. CAMP 1/2 DAY SCHEDULE

PSJA NORTH HS (for elementary & junior students)

DAY 1

8:30-9:00AM	REGISTRATION
9:00-9:15AM	STRETCH
9:15-11:15AM	CAMP DANCE/DANCE TECHNIQUE WORKSHOP
11:15-11:30AM	BREAK
11:30-11:45AM	WORD OF THE DAY
11:45-12:00PM	SHOW-OFFS/DISMISSAL

DAY 2

9:00-9:30AM	STRETCH/REVIEW CAMP DANCE
9:30-11:15 AM	ROUTINES #1-3
11:15-11:30AM	BREAK
11:30-11:45AM	WORD OF THE DAY
11:45-12:00PM	SHOW-OFFS/DISMISSAL

DAY 3

9:00-9:30AM	STRETCH/REVIEW CAMP DANCE/GO OVER AGENDA
9:30-11:15AM	ROUTINES #4-6
11:15-12:30PM	JR. ALL-AMERICAN TRY-OUTS/AWARDS CEREMONY

(PARENTS ARE INVITED TO ATTEND 11:15-12:30)



VALLEY JR/SR CAMP SCHEDULE

PSJA NORTH HS (full day for middle school & high school)

DAY 1

8:30-9:00AM	REGISTRATION
9:00-9:15AM	STRETCH
9:15-11:15AM	CAMP DANCE
11:15-11:30AM	BREAK
11:30-12:00PM	DANCE TECHNIQUE WORKSHOP
12:00-1:00PM	LUNCH ON YOUR OWN
1:00-3:30PM	ROUTINES #1-3
3:30-4:30PM	HOME ROUTINES

DAY 2

9:00-9:30AM	STRETCHING TECHNIQUES & CAMP DANCE REVIEW
9:30-11:45AM	ROUTINES #4-6
11:45-12:00PM	SHOW OFF ROUTINES
12:00-1:00PM	LUNCH ON YOUR OWN
1:00-3:30PM	ROUTINES #7-9
3:30-3:45PM	BREAK
3:45-4:30PM	KICK AND STRETCH TECHNIQUES

DAY 3

9:00-9:30AM	STRETCH & CAMP DANCE REVIEW
9:30-11:45AM	ROUTINES #10-12
11:45-12:00PM	SHOW OFF ROUTINES
12:00-1:00PM	LUNCH ON YOUR OWN
1:00-2:00PM	AUDITIONS FOR MISS HIGH KICK & KICK COMPANY
2:00-3:00PM	AUDITIONS FOR ALL AMERICAN
3:00-4:00PM	SHOW OFF FAVORITE ROUTINES
4:00-5:30PM	AWARDS

