

Time	First Day	Second Day	Third Day
8:00-9:00	Warm-Up <ul style="list-style-type: none"> Including instruction of team warm-up 	Warm-Up <ul style="list-style-type: none"> Including instruction of team warm-up 	Warm-Up <ul style="list-style-type: none"> Including instruction of team warm-up
9:00-10:30	Technique Instruction <ul style="list-style-type: none"> Day's lesson plan focusing on 3-5 technical elements 	Technique Instruction <ul style="list-style-type: none"> Day's lesson plan focusing on 3-5 technical elements 	Technique Instruction <ul style="list-style-type: none"> Day's lesson plan focusing on 3-5 technical elements
10:30-11:30	Choreography Component	Choreography Component	Choreography Component
11:30-12:00	Team Building Activity	Team Building Activity	Team Building Activity
12:00-1:00	Meal Break	Meal Break	Meal Break
1:00-1:15	Quick Stretch	Quick Stretch	Quick Stretch
1:15-3:45	Choreography Component, cont.	Choreography Component, cont.	Choreography Component, cont.
3:45-4:45	Technique Instruction, cont.	Technique Instruction, cont.	Technique Instruction, cont.
4:45-5:00	Cool Down	Cool Down	Cool Down

**Please note: During the summer months, workshops/camps can typically be conducted on any day(s) of the week. During months when school is in session, workshops are best conducted on the weekends. In the event that a workshop should run on a day when school is in session, the workshop will begin in the evening (altering the times listed above).*