

DANCE SPORT TRAINING CAMP 2019

August 26 - August 30, 9am-5pm.

Schedule for competitive program N4 - Bronze levels

9:00-9:45	Fitness, Stretching	
9:45-10:30	Standard Basic Technique	Students will learn basic figures and technique from the standard syllabus Pre-Bronze and Bronze Levels. This class will help students to polish their basic technique and refresh some important information.
10:30-10:45	Snack time	
11:45-12:00	Standard	Students will learn and polish their competitive routine.
11:30-12:15	Acting	During this class students will develop knowledge in self-presentation and self-expression.
12:15-1:00	Dance Sport Psychology	This lesson will cover such aspects of dancing as: how to avoid stress before or during a competition, what is a better diet for dancers before and after a competition, how to practice before competition, dance etiquette.
1:00-2:00	Lunch/Outdoor Activity	
2:00-2:45	Latin Basic Technique	Students will learn basic figures and technique from the latin syllabus Pre-Bronze and Bronze Levels. This class will help students to polish their basic technique and refresh some important information.
2:45-3:30	Latin	Students will learn and polish their competitive routine.
3:30-3:50	Dance Games	During this class through the games, students will develop musicality and floor craft
3:50-4:00	Snack time	
4:00-5:00	Practice ST/LA	For all groups. Will be imitation like competition, where all dancers will show knowledge in presentation and self-expression

**More information and registration in Dance DNA office or call
647-773-6107 Anna**