

DANCE SPORT TRAINING CAMP 2019

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

Schedule for competitive program **Silver-Champ levels**

9:00-10:00	Fitness, Stretching	
10:00-10:45	Latin Basic Technique	Students will learn basic figures and technique from the latin syllabus. This class will help students to polish their basic technique and refresh some important information, also this class gives a possibility to prepare students for a medal test.
10:45-11:45	Latin	This class is a Challenge, where students will be able to advance their technique through learning an Open routine.
11:45-12:00	Snack time	
12:00-1:00	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 plan your dancing season, how to practice before competition, how to express yourself, self branding, self development, self management.
1:00-2:00	Lunch	
2:00-2:45	Standard Basic Technique	Students will learn basic figures and technique from the standard syllabus. This class will help students to polish their basic technique and refresh some important information, also this class gives a possibility to prepare students for a medal test.
2:45-3:45	Standard	This class is a Challenge, where students will be able to advance their technique through learning an Open routine.
3:45-4:00	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**