

SUMMER DANCE SPORT TRAINING CAMP 2022

August 8-12 and August 15-19, 9am-4pm.

Tentative Schedule

9:00-9:55	Fitness, Stretching	For all levels
10:00-11:00	Latin Technique	Students will learn and practice the fundamental technique skills of Latin program. For all levels/ different groups
11:00-11:10	Snack	
11:10-12:10	Standard Technique.	Students will learn and practice the fundamental technique skills of Standard program. For all levels/ different groups
12:10-1:10	Dance Sport Psychology/ Acting/Dance Etiquette/ American Style Smooth Dance Games, Crafting, Drawing.	For Silver Level and Up: 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. For Beginners- Bronze levels
1:10-1:50	Lunch/Bouncing Castle/Rest/ Games	
1:50-2:50	Standard Practice	For all groups. Will be imitation of competition, where is all dancers will show knowledge of presentation and self expression.
3:00-4:00	Latin Practice	For all groups. Will be imitation of competition, where is all dancers will show knowledge of presentation and self expression.

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