

Cougarettes_{Home Camp}

August 20, 2016 --- 10 am – 5 pm

Our very first big event as a 'team' will be an at-school "Home Dance Camp". This event is mandatory for all Cougarettes. We will have fun doing dance activities all day, and learn a dance routine that will be adjudicated by Mary Gelow – Dessoie, owner of Orbitz Performing Arts School, and Spruce Creek High School Dance Program Director / Dancer / Choreographer, Brooke Adkins. Please bring any dance shoes, all black dance attire, hair in a crown bun, no make-up, sweat towel if possible, and lots of healthy food to get through snacks and lunch. This will be fun and tiring, and we will be ready to leave at 4:00 pm. Please do not miss this event unless there is a family emergency. It is a great way to start the exclusive performing group of the Creekside Middle School Cougarettes, and will be a lot of fun ☺.

10:00 – 10:30 am – Ice Breakers / Welcome Circle

10:30 – 11:00 am – Warm Ups / Stretching

11:00 – 12:00 pm – Technique (In 20 minute rotations)

- Jazz
- Hip Hop
- Kick /
- Lyrical
- Pom
- Guest Teacher Choice
- Guest Teacher Choice

12:00 pm – 1:00 pm – Lunch – Dancers bring a packed lunch full of protein, fruit, fiber, and water or Powerade / Gatorade.

1:00 – 1:30 – Q & A –

- What it takes to be a successful dancer and to work with other dancers, choreographers, and teachers
- What it takes to perform
- What it takes to build a career as a dancer
- Identifying YOUR STRENGTHS and playing those up to bring YOU to the next level

1:30 – 2:00 – Team Building Activities

2:00 – 3:00 – Choreography

- Jazz
- Hip Hop
- Kick
- Pom
- Choice (Each guest can decide their own)

3:00 – 3:30 – Clean / Spacing

3:30 – 3:45 – Adjudications

3:45 – 4:00 – Feedback, Thank You's, Surprises and Goodbyes

5 pm pick up ☺