



2012 USA Dance Training

We're the One!

USA

“USA IS THE ONLY CHOICE FOR US.

My students look forward
to camp all year!”

Lassen HS Director, Susanville, CA

DANCE TEAM | DANCE/DRILL TEAM | DANCE INTENSIVES


VARSITY

USA

We're the One!

**NO TWO USA
DANCE TRAINING
EXPERIENCES
ARE EXACTLY
THE SAME!**

**EACH CAMP IS
CUSTOMIZED TO THE
TEAMS ATTENDING
THE CAMP.**



USA dance instructors are highly trained and experienced at developing their own choreography, which allows us to offer more variety, and to specialize all of our routines based on the demand at each training location.

**"THE ENTIRE CAMP WAS A
GREAT EXPERIENCE!"**

Each of the teachers added their own style so the girls had a lot of variety! Great job!"

Bingham High School Director, South Jordan, UT



The USA **DANCE** **STAFF** are Leaders in the Industry!

The staff is composed of not only talented individuals, but more importantly, **people who love to teach.**

They come to you from all over the United States, bringing you the hottest choreography and technique training from across the nation.



NICOLE FOISY – Program Director

Nicole graduated cum laude with a Bachelor of Arts degree from Santa Clara University, where she studied on scholarship in Dance and Interpersonal Communications. Now in her 16th year with the USA, she has been an instructor & choreographer to teams throughout the western United States. Nicole has served as a judge at numerous high school & collegiate dance competitions at both the State and National level throughout the United States and in Japan. She has also choreographed and assisted in the production of several NFL and collegiate halftime productions. Nicole has worked extensively for over 15 years as an independent master teacher and choreographer for several nationally ranked competitive dance teams and soloists. She has traveled to dance conventions in Los Angeles, Chicago, Oregon, Dallas & Houston to teach master classes and choreograph for hundreds of the most top ranked dancers in the state. In her position as Program Director for the USA, Nicole is responsible for dance/drill staff hiring and training, as well as program/curriculum development. She oversees camp/clinic staffing, and directs Dance/Drill Regional competitions and USA Dance/Drill Nationals held in Anaheim, CA.

Directors

SHARPEN THE TOOLS YOU NEED TO LEAD YOUR TEAM!

The USA "Directors" Workshops are offered at most overnight team locations and cover topics such as:

- Organizing Your Year
- Cleaning Competition Routines
- Discipline & Rules: How to Set Them & Stick To Them
- Breaking Down Technical Skills
- Fundraising: Keeping It Positive
- Strengthening & Conditioning
- First Aid & Safety

YOU ARE A



VIP



As a USA Coach/Director, you have VIP access to:

- Coaches manual
- Bonus material during the season
- Tryout packet
- Year-round resources



DANCE *Team*

STYLE OPTIONS:

Jazz, Stylized Jazz, Hip Hop, Lyrical, Contemporary, Character, Dance/Pom

TECHNIQUE:

All levels of fundamental Jazz and Ballet technique

“USA DANCE CAMP WAS CHALLENGING.

We learned a lot and grew closer as a team!”

Sunset HS Dance Team,
Portland, OR

More program details may be found at usa.Varsity.com

THE PERFECT COMBINATION OF TECHNIQUE, CHOREOGRAPHY AND TEAM BUILDING!

CHOOSE YOUR CHALLENGE CLASS:

- Leaps & Turns
- Kicks, Flexibility & Leg Extensions
- Strengthening & Conditioning
- Yoga & Pilates
- And More!

Master classes offered at select Dance Team camps!



DANCE *Drill Team*

**TRADITIONAL DRILL
TEAMS – THIS IS
THE TRAINING
EXPERIENCE
FOR YOU!**

DRILL DOWN CLASSES:

- Marching Styles, Formations & Guiding
- Enhance Team Discipline & Listening Skills

SKILLS ENHANCEMENT:

- Precision & Linework
- Leaps, Turns, Kicks & Flexibility

More program details may be found at usa.varsity.com

STYLE OPTIONS:
Military, Dance/Drill,
Kick, Stylized Jazz,
Jazz, Hip Hop, Lyrical,
Character, Dance/Pom,
Contemporary

TECHNIQUE:
All levels of fundamental
Jazz, Ballet & Drill
technique





STYLE OPTIONS:

Military, Kick, Dance/Drill, Jazz,
Stylized Jazz, Jazz, Hip Hop, Lyrical,
Contemporary, Character,
Dance/Pom

For more about USA Dance competitions and events, visit our website at usa.varsity.com



Tours



MACY'S THANKSGIVING DAY PARADE

Team officers enjoy the sights in New York and perform in the famous Macy's Thanksgiving parade!

PERFORM IN LONDON AND AT USA NATIONALS!

USA ALL AMERICANS will travel with the USA during the New Year's Day Parade on the streets of London. The USA is also proud to have all 2012 camp All Americans perform at the 2013 USA Dance/Drill Nationals!

PRO BOWL Camp Superior plaque winners tour beautiful Honolulu and perform at halftime of the NFL Pro Bowl game!

We will see you at camp for more details about these once in a lifetime opportunities!



**STYLE
OPTIONS:**

All styles,
all levels

DANCE *Intensives*

**CONVENTION STYLE TRAINING WITH
INSTRUCTORS WHO CAN TEACH!**

Each training session offers students the opportunity to learn 3 complete routines, in addition to the Dance Intensive Dance.



**DANCE INTENSIVE
HIGHLIGHTS:**

- Warm-Ups & Core Conditioning
- Dance Intensive Dance
- Choose Your Challenge
- Supersensational Competition
- Routine Showcase

Routines are offered in levels ranging from beginning to pro and are designed to be both innovative and "cutting edge."

More program details may be found at usa.varsity.com

Specialized Camps

RESORT/HOTEL



Summer camp training with hotel amenities!

USA Resort camps are all inclusive – all camp meals and hotel are included in the price!

Look for the next to these locations

JUNIOR HIGH



This tailored camp provides a solid foundation for younger spiritleaders in an atmosphere designed specifically for their needs.

All Junior camps are 2-night camps.

JUNIOR CAMPS OFFER:

Extra Adult Supervision
Lower Student-to-Staff Ratio
Modified Camp Schedule

For a more advanced experience, junior high and middle school teams are welcome at USA high school camps.

Look for the next to these locations.

OFFICERS CAMPS



USA Officers Camp provides leadership and technical training to develop today's dance and drill team leaders. The focus of the camp is building effective team leadership skills. In addition, officers receive extensive training on composition and choreography, using the latest techniques found in the best university dance departments.

Look for the next to these camp locations.

2-NIGHT CAMPS



A great alternative to a 3-night camp. USA's awesome program condensed into 2 nights at a great price!

Look for the next to these camp locations.

DAY CAMPS



Typically held at high school locations, these commuter camps offer the same great USA program and a low cost alternative to overnight camps.

Look for the next to these camp locations.

THE USA CONDUCTS A VARIETY OF CAMPS TO MEET A VARIETY OF NEEDS.

HOME CAMPS



Personalize your camp experience at your own school/facility!

USA Home Camps include workbooks and special awards; however, they do not offer all of the curriculum or highlights of an overnight camp.

INSTRUCTOR RATIOS:

1 instructor for every 15 registered students

10 or more participants:

1-Day - \$74 pp 2-Day - \$134 pp

3-Day - \$164 pp

Less than 10, within a program, pay a flat fee:

1-Day - \$740 2-Day - \$1,340

3-Day - \$1,640

Additional staff travel costs may be incurred.

Visit usa.varsity.com for a home camp registration form.



2012 Dance Training Camps

Abbreviations: DD - Dance/Drill DT - Dance Team DI - Dance Intensive HH - Hip Hop O - Officers

OC - On Campus COM - Commuter NP - Non-Participant

Camp Symbols: **E** - Elite **★** - Invitational **J** - Jr. High **O** - Officers **2** - 2-Night

D - Day Only **R** - Resort

CALIFORNIA

OC COM NP

UC Irvine

J July 13-15 DD \$281 \$139 \$251

California Lutheran Univ., Thousand Oaks

July 6-8 DI \$359 \$189 \$299

July 13-16 DT \$359 \$171 \$329

★ July 19-22 **Invitational**

O July 23-25 O \$253 \$144 \$193

E July 26-29 **by invitation only**

UC Santa Cruz

O July 17-19 O \$253 \$144 \$193

July 20-23 DT \$376 \$171 \$346

Cal State Sacramento

July 6-9 DD \$350 \$171 \$320

CSU Fullerton

2 Jun 29-Jul 2 DD/HH \$365 \$171 \$335

2 July 19-21 DI \$365 \$189 \$305

2 August 3-5 DI \$365 \$189 \$305

Chapman University, Orange

J July 27-29 DD \$280 \$139 \$250

Lincoln High School, San Jose

D June 22-24 DI \$189

IDAHO

OC COM NP

Boise State University, Boise

2 July 24-26 DT \$249 \$139 \$219

OREGON

OC COM NP

Lewis and Clark College, Portland

July 12-15 DT \$289 \$171 \$259

UTAH

OC COM NP

Utah State University, Logan

June 20-23 DT \$285 \$171 \$255

Southern Utah University, Cedar City

July 18-21 DD \$290 \$171 \$260

WASHINGTON

OC COM NP

St. Martin's College, Lacey

July 12-15 DD \$293 \$171 \$263

Mead High School, Spokane

D July 12-14 DI \$189



Dates, locations and pricing are subject to change.



Abbreviations:

P - Participant

NP - Non-Participant



All camp meals included in price!*

**Meals not included in commuter price for Denver Tech Resort.*



R Davis Conference Center, Layton, Utah

June 26-29	Dance Team	
	P	NP
Quad	\$301	\$224
Triple	\$329	\$247
Double	\$374	\$292
Single	N/A	\$428
Commuter	\$217	\$135

Z July 11-13 Dance Intensive

Quad	\$248	\$162
Triple	\$268	\$178
Double	\$298	\$208
Single	N/A	\$300
Commuter	\$191	\$99

R Knotts Berry Farm Resort, Buena Park, California

June 20-22	Dance Team	
	P	NP
Quad	\$259	\$202
Triple	\$280	\$220
Double	\$312	\$253
Single	N/A	\$345
Commuter	\$206	\$141

August 14-17 Dance Team

Quad	\$319	\$250
Triple	\$361	\$274
Double	\$402	\$321
Single	N/A	\$464
Commuter	\$232	\$159

R Anaheim Convention Center, Anaheim, California

July 24-26	Dance Team	
	P	NP
Quad	\$284	\$218
Triple	\$303	\$234
Double	\$340	\$268
Single	N/A	\$369
Commuter	\$227	\$157

R Denver Tech Marriott, Denver, Colorado

July 27-29	Dance Intensive	
	P	NP
Quad	\$269	\$229
Triple	\$289	\$249
Double	\$333	\$293
Single	N/A	\$401
Commuter*	\$189	\$40

For the most up to date information on all USA camps visit usa.varsity.com

1.800.886.4872



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Cypress, CA 90630



ATTN: Dance Team Coach/Director
Dance/Drill Team Coach/Director



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