

WEST COAST AAU JUNIOR OLYMPIC GAMES 2022

~ FUTURE CHAMPION DANCE CAMP ~

THURSDAY & FRIDAY JUNE 9-10, 2022

INDIVIDUAL WORKSHOPS - \$20 ONE DAY/4 WORKSHOPS - \$50 TWO DAYS/8 WORKSHOPS- \$75

Future Champion Dance Camp is a unique educational dance experience mixing styles you know and those you don't. Each session is structured to provide athletes with elements for success. Success could relate to Combining Dance Styles, a New Routine, Education in Poise, Attitude, Presence, Leadership, or inspiring simple Random Acts of Kindness. Each 90 minute program offers Future Champions an opportunity to unlock the potential within to be their best self on and off the dance floor. Please refer to the Camp Chart for Styles and dates available. Register for the Dance Camp online at AAU.DanceCompGenie.com

SATURDAY WORKSHOPS

All West Coast AAU Junior Olympic Athletes are invited to attend ***Free Workshops on Saturday** that are focused on the week ahead with a specific goal to enhance each Athletes personal health and fitness during competition and create an atmosphere of comradery and fun! *Athletic Trainer, EMT and Holistic Nutritionist, Ree Brown, will host a Natural Nutrition, Hydration and Fitness session with tips to assist Athletes at the competition and in the future. The theme at the Dance Games this year is based on the movie "Footloose," (filmed in the City of Payson & Payson High School. A 'Footloose' Line Dance and Flash Dance will be taught Saturday and incorporated into Opening Ceremonies and throughout the event! **Register online > Dance Camp!**

Saturday Athlete Schedule +Ambassador Meetings

- 9am- 9:45 *Nutrition, Hydration, & Fitness (*Cafeteria*)
 - 10am- 10:45 Line Dance & Flash Mob Instruction (*Studio B*)
 - 11am- 12:00 Opening Ceremony Rehearsal (*Studio B*)
 - 12pm- 12:30 Lunch in Cafeteria (*Bring a Sack Lunch*)
 - 12:45- 1:45 **Ambassador** / First Aid & CPR (*Studio C*)
 - 2:00- 3:00 **Ambassador** Meeting (*Cafeteria*)
- *\$5 Donation for the Nutrition Workshop is appreciated.**

COACH APPRECIATION DAY


Saturday June 11, 2022

In honor of the Coaches attending this year's event, we are inviting each Coach to join the Saturday Workshops and participate in a special Coach Class for the Footloose Line Dances, Flash Mobs, Nutrition Seminar, and a free First Aid & CPR refresher course. Upon Registering, each Coach will also receive a free SafeCom Text App for Event updates and to utilize for team communication at the event. Each Coach and Studio owner will also receive Free YPAD Sexual Abuse/ Harassment and Bullying Prevention courses as part of the AAU Coach Appreciation Program. Be sure to ask about other great services the AAU provides.

Saturday Coach Schedule:

- 9am- 9:45 Line Dance & Flash Mob briefing in Studio B
- 10am- 10:45 Nutrition, Hydration, & Fitness in Cafeteria
- 11am- 11:45 First Aid & CPR Refresher Course in Studio C
- 12pm- 1:00 Welcome Lunch in Cafeteria

If you enjoy the Nutrition Workshop, a small donation for supplies would be greatly appreciated!

 American Heart Association First Aid & CPR Certification is available onsite for anyone who has not been previously certified or wishes to update their certification! Text Ree for details: 310-938-3148

Smiles Across The Miles From Our Home To Yours

Deborah Huffman
AAU NATIONAL DANCE CHAIR
Text 951-850-5318

See You Soon! May Your Dancing Days Be Wonderfully Blessed Until Then!

FUTURE CHAMPION DANCE CAMP June 9-11 2022

THURSDAY	STUDIO A	STUDIO B	STUDIO C
9:00 am- 10:30	HIP HOP Beginner	SALSA	MINI HIP HOP MINI BALLET
10:45 am	LATIN	CONTEMPORARY	BALLET FUNDAMENTALS
12:15 LUNCH			
1:00 pm- 2:30	BALLROOM	BEGINNER LIFT FUNDAMENTALS	BREAKING Beginner
2:45 pm- 4:00	CONTEMPORARY Intermediate	HIP HOP Intermediate	ACROYOGA
FRIDAY	STUDIO A	STUDIO B	STUDIO C
9:00 am- 10:30	LATIN FUSION	PERFORMANCE & MUSICAL THEORY	MINI CONTEMPORARY MINI BALLROOM
10:45 am	CONTEMPORARY	POLKA	BREAKING Intermediate
12:15 LUNCH			
1:00 pm- 2:30	BALLROOM	LIFT PART 1 Intermediate	CLOGGING
2:45 pm- 4:00	HIP HOP Intermediate	LIFT PART 2 Intermediate	CLOGGING

SATURDAY WORKSHOPS Are Free to Registered Athletes & Coaches

SATURDAY	STUDIO B	STUDIO C	CAFETERIA
9:00 am- 9:45	LINE DANCE FLASH MOB -Coach-		NUTRITION HYDRATION & FITNESS -Athlete-
10:00 am- 10:45	LINE DANCE FLASH MOB -Athlete-		NUTRITION HYDRATION & FITNESS -Coach-
11:00 am- 12:00	OPENING CEREMONY REHEARSAL -Athlete-	FIRST AID/CPR ♥ Refresher -Coach-	
12:00	LUNCH - Coach/Athlete		
1:00 pm- 2:00 -3PM		AMBASSADORS ♥ FIRST AID/CPR & MEETING	



FIRST AID & CPR Certification Available- Text: Ree @ 310-938-3148 for details

Group & Dance Camp Activities 2022

West Coast AAU Junior Olympic Games

Parents, Grandparents, Brothers and Sisters

AAU CARES!

We Invite You to Join Us



Thursday, June 9th, 2022

Country Picnic & Show

6:00 PM At The Pavilion

Payson City Park

Payson Utah



Grab your lawn chairs & blankets and head to the Park! Join us at the Pavilion for a Picnic! Bring your own food or purchase from the local Vendors. Music and Show at the Park will be provided by Dance Ambassadors and the Future Champion Athletes!

Friday, June 10th, 2022

Private Pool Party

Payson City WaterPark

Payson, Utah

7:30 – 9:30 PM

Stay Cool, Have Fun and Relax!

Swimming – Float Path – Big & Tall Water Slide - Water Games



FREE Admission to AAU Dance Athletes & Participating Coaches

Tickets available for friends and family online at Journeydancesport.com or at the Dance Camp.

Stay Cool & See You There!

MOVIE TIME

“Footloose”

Stay Seated for Date - Time and Place!



Footloose is a 1984 American musical drama film. It tells the story of a teenager from Chicago who moves to Payson, a small town in Utah, where he attempts to overturn the ban on dancing instituted by the efforts of a local minister. The film became a box office hit, and is known for its music, with the songs we all love- "Footloose" and "Let's Hear It for the Boy"

Athlete/Coach AAU Membership and Event Registration required for all events.