



TMJ SPIRIT & AUXILLARY

Dance Team Training Camp

SUMMER 2025

Your performance season starts NOW!

Information Packet



About Camp

The TMJ Dance Team Training Camp is an immersive three-day summer experience tailored specifically for Middle School Dance Teams, High School Dance Teams, and Community All-Star Dance Teams. This comprehensive camp offers a unique opportunity for both dancers and coaches to enhance their skills through expert-led training sessions focused on technique, choreography, and performance material.

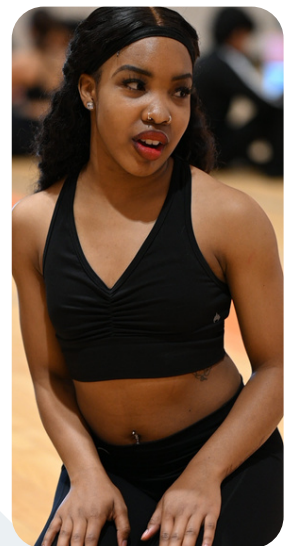
Participants will gain valuable insights and practical knowledge that will prepare them for a successful and rewarding performance season ahead. With a blend of structured workshops and hands-on practice, the camp fosters an environment of growth, teamwork, and passion for dance.



Our Staff

Our dedicated staff features accomplished collegiate dance professionals from the leading dance teams at Historically Black Colleges and Universities (HBCUs). These talented professionals not only exhibit outstanding technical skills but also captivate audiences with their dynamic performances.

With a wealth of training and real-world experience, they are passionate about mentoring and inspiring the next generation of dancers, empowering them to hone their craft and reach their fullest potential.



2025 Camp Dates



OKLAHOMA CITY, OK
May 29 - 31, 2025

DALLAS, TX
June 9 - 11, 2025

NEW ORLEANS, LA
June 16 -18, 2025





Camp Cost

\$225 PER DANCER

\$175 PER COACH-SPONSOR

Camp cost includes the following:

Technique Workshops

Dance Fundamentals

High Kicks

Pirouettes & Jazz Turns

Jazz Leaps & Jumps

Choreography Workshops

High Kick Routine

Jazz Routine

Pom Routine

Hip - Hop Routine

Leadership Training

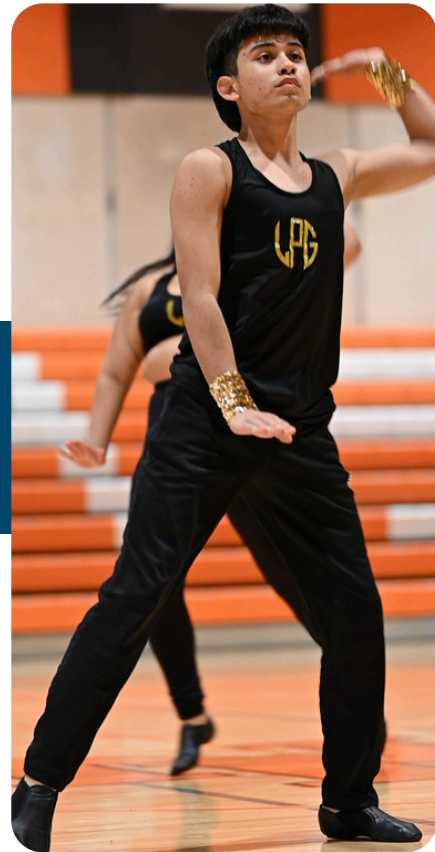
Captain's Curriculum

Coach's Curriculum

Captain Certification

Coach Certification

Camp Schedule



Below is the daily overview of the camp schedule. Please note that Days 1 and 3 feature slightly modified schedules to accommodate the Opening Rally Performance and the Camp Awards & Performance Showcase.

8:00 am – 8:30 amOfficer Leadership Training Coach’s Class
8:30 am – 8:35 amCamp Warm-Up
8:35 am – 8:40 amDeep Stretch
8:40 am – 9:40 amTechnique Workshop
9:45 am – 10:45 amChoreography Workshop
10:45 am – 11:45 amStaff Coaching
11:45 am – 12:00 pmChoreography Review
12:00 pm – 1:00 pmLunch
1:00 pm – 2:00 pmChoreography Workshop
2:00 pm – 3:00 pmStaff Coaching
3:00 pm – 3:30 pmFull Day Review
3:30 pm – 4:00 pmTeam Evaluation Prep
4:00 pm – 5:00 pm Team Evaluations
5:00 pm Dismissal



Camp Awards

Every day at the camp, dancers, teams, and coaches or sponsors will be recognized with daily merits and special awards for their exemplary leadership, exceptional skill, strong teamwork, and outstanding performances.

The camp will culminate in an exciting Final Showcase and Awards Ceremony, where we will honor the remarkable achievements of our dancers, teams, and coaches or sponsors. This event will highlight the hard work and dedication of all participants.

Awards will be presented across a variety of categories, including 1st Place, 2nd Place, and 3rd Place for Home Routines, as well as accolades like Top Team Evaluation, Most Improved Team, and Most Spirited Team. Along with these honors, many more awards will be distributed to celebrate the exceptional skill & talent.



Your Performance Season Starts

NOW

CONTACT US



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www.tmjspirit.com