



ADTC – The ULTIMATE Overnight Dance Camp!

AMERICAN DANCE TRAINING CAMP ULTIMATE SIERRAS 2010

at Squaw Valley USA near Lake Tahoe in California

- Session 1: Sunday, July 4 - Saturday, July 10
- Session 2: Sunday, July 11 - Saturday, July 17
- Session 3: Sunday, July 18 - Saturday, July 24
- Session 4: Sunday, July 25 - Saturday, July 31
- Session 5: Sunday, August 1 - Saturday, August 7

Come to the Lake Tahoe Region in California for American Dance Training Camp ULTIMATE Sierras at Squaw Valley USA in Olympic Valley, CA - the heart of the beautiful Sierra Nevada Mountains of California. In 2010, American Dance Training Camp ULTIMATE Sierras in California offers ULTIMATE Overnight summer dance camps for girls ages 8 - 17 in the Sierras. Join us for one week, two weeks... or all five weeks!

About Squaw Valley USA

[Squaw Valley USA](#) is a year-round destination resort on the magnificent slopes of the Sierra Nevada Mountains in California. The resort perhaps is best known for its world class skiing and snowboarding, and for being the site of the 1960 Winter Olympics. Located 10 miles from Tahoe City and the historic town of Truckee, CA , Squaw Valley is packed with shops, restaurants, activities and fun, and the views simply take your breath away. The resort's beauty, accessibility and amenities make it a perfect choice for our ADTC ULTIMATE Sierras location.

About the Squaw Valley Lodge

Our home base at Squaw Valley USA is the [Squaw Valley Lodge](#), a luxurious hotel in the resort's base area. Campers ages 8 - 17 stay in spacious Loft Condominium Suites that combine all the comforts of home with the amenities of a luxury lodge.

The two-story suites are approximately 800 square feet, with a master bedroom and bathroom in the loft upstairs, and a full bathroom, kitchenette, large living area and second sleeping area downstairs. Campers are assigned to the suites by age, and each suite accommodates five to seven campers. A live-in ADTC counselor (in the loft) provides 24/7 supervision and support. Camper sleeping arrangements include a queen bed in the second sleeping area and a pull-out queen sofa bed plus twin rollaway beds in the living area. Beds are claimed on a first-come, first-served basis during check in. We ensure that each camper may have her own bed if desired, though we may require friends who have requested to room together to share a bed if necessary.

Laundry facilities are located in the building, and ADTC offers a dance canteen for basic daily supplies, snacks, dance accessories, and ADTC apparel and souvenirs (more info on the Canteen, below).

Camper packing lists and more living specifics will be included in the Registered Campers' Packet distributed to all registered campers this spring. (For information about roommate placements and requests, please see below.)

ULTIMATE Dance Classes

Campers participate in four one-hour dance classes each weekday Monday through Friday, lead by ADTC's professional dance instructors. The focus of each of these mandatory classes is learning an appropriately challenging performance piece for the Friday Night Showcase. Performance pieces are unique to each session, meaning fresh and new choreography is taught in each of our four core dance classes, each and every week.

ADTC's ULTIMATE Sierras dance classes are held in the Squaw Valley Lodge's "Ponderosa" conference room by the pool and the Olympic House "Bar One" stage, as well as outside on the Olympic House deck with a beautiful mountain back-drop. Dance rooms are spacious and ADTC provides marley dance floors.

ADTC's core dance disciplines are hip hop, jazz and musical theatre. Our four mandatory daily dance classes center on these disciplines. The dance curriculum is designed to challenge dancers of all backgrounds and levels - from beginners through experienced performers. Dancers are organized into dance groups by ability level, allowing all campers to learn and progress at an appropriate speed. Class sizes are kept as small as possible to enable plenty of one-on-one interaction and attention.

Dance group placement is managed through a Dance Screening process. After check-in on Sunday, campers gather together to learn two short dance combinations, during which our staff evaluates each camper. This informal, non-competitive process helps our staff place campers in appropriate dance groups for the week.

Additionally, elective dance classes are offered during afternoon free time. Elective techniques offered during a session may include ballet, Latin or street jazz, lyrical, modern and tap. (Elective classes vary each week, and unfortunately we cannot guarantee that a particular elective dance style will be offered during any specific camp session.)

ADTC's dance instructors are members of some of the best national and international studios and performance groups. Our dance instructors are Broadway and MTV performers, collegiate dance team competitors and even Radio City Rockettes! To learn more, read our [Staff Bios](#) on our website.

All dance classes - both mandatory and elective - are included in the ADTC weekly tuition price. For more specifics on ADTC's ULTIMATE dance camp curriculum, visit the [Dance Classes](#) section of our website.

Or, [click here to watch a YouTube video of our camp dance classes in-action!](#)

Meals at ADTC ULTIMATE Sierras

ADTC's meals are prepared by Squaw Catering and served up buffet style by the professional food service at the Olympic House (adjacent to the Lodge). A variety of fresh and healthy menu options are available at each meal. Salad bar and peanut butter/jelly are always an option at lunch and dinner.

Meal service begins after check-in with Sunday night dinner, and ends before check-out with Saturday morning breakfast. ADTC staff and campers eat together, allowing for lots of interaction and bonding time. All meals are included in the weekly tuition. (Campers with food allergies or special dietary restrictions, please see below.)

Team Events

At the start of each week, the ADTC staff helps campers get to know each other and to build camaraderie by organizing the girls into teams. The teams earn points by competing in friendly events and working together to complete various tasks throughout the week (photo safaris, scavenger hunts, outside games, dance competitions, art projects, etc.). Individuals also earn points for their teams by keeping their dorm rooms clean and being on-time to dance classes, meals and camp activities.

More details will be explained at the All-Camp Welcome Meeting on Sunday evening. At the end of each week, an awards ceremony is held to recognize each team for their efforts and to celebrate the winning team. Campers should come ready to participate and have fun with their teams!

The Dance Canteen

ADTC's Dance Canteen sells snacks, drinks, long-distance phone cards, postcards & stamps, toiletry items, dance-related apparel, supplies and souvenirs, and ADTC logo items like t-shirts, sweatshirts, dance pants and tanks. We set up the Canteen in a common area within our area of the Lodge. The Canteen is open during afternoon and evening free time. It's a favorite spot for campers to relax, listen to music and hang out with other campers!

Afternoon and Evening Activities at ADTC ULTIMATE Sierras

There's a lot more than dance happening at American Dance Training Camp!

Optional activities planned for ADTC ULTIMATE Sierras this year include:

- Kayaking at sunset on beautiful Lake Tahoe with [Tahoe City Kayak](#)
- Testing your skills on the [Squaw Valley Adventure Center's](#) High Ropes Course or the 30-foot-high simulated rock surface at the [Headwall Climbing Wall](#)
- Horseback riding the scenic woods surrounding Squaw Valley, lead by the professionals at Alpine Meadows Stables
- Leisurely hiking through Shirley Canyon
- Candle-making at [Waxen Moon](#) in the Village
- Riding the scenic cable car to High Camp. Here you can ice skate at the [Olympic Ice Pavilion](#) and swim in the [High Camp Lagoon](#) water park, both overlooking the entire Tahoe basin, in the same afternoon!
- A round of mini-golf - Mountainside Mini Golf has eighteen holes, right in the Village
- Sky Jump trampolines, tennis, candle making, and much more!

Evening all-camp activities center around our popular team competitions, like American Dance Idol, Team Cheers, Dance Trivia, and Flexibility/Strength/Leaps Night. These fun and friendly gatherings are a highlight of the week! Other evening activities may include dance-based games, roasting marshmallows around the fire pit, an evening barbecue, or a dance movie night (age-appropriate, of course).

As if all of that isn't enough... free time choices include taking an elective dance class, swimming in the Lodge's outdoor pool, representing your peeps in a fun and challenging team event, arts & crafts, socializing in the ADTC Canteen, working on dance steps with instructors, or just relaxing in your room.

ADTC staff participates with campers during all activities and field trips. Registration/waiver forms and pricing for the optional field trips (as well as detailed weekly activity schedules) will be included in the Registered Campers' Packet distributed to all registered campers this spring. Optional field trips are priced separately from the ADTC weekly tuition. All other activities are included in the tuition price.

[Click here to watch a YouTube video featuring some of our awesome optional field trips and evening all-camp activities!](#)

Friday Night Showcase = The Big Recital!

Each session at ADTC ULTIMATE Sierras culminates with a Friday Night Showcase. Throughout the camp week, campers help to choose the show's theme, fashion their costumes and design the sets. In just five days, campers learn performance pieces in four different dance disciplines. The Showcase gives our dancers the opportunity to show off the choreography they've been learning all week, and it is THE highlight of the week for most campers. Symbolic camp awards are presented at the end of the show, and an ice cream party for all campers and siblings follows.

The Showcase begins at 7:30 p.m. sharp on Friday night, and lasts approximately two hours. Parents, family and friends are strongly encouraged to come support their campers and cheer them on. It's a wonderful night for campers and parents alike. Don't miss it!

Showcase performance DVDs will be available to order when checking out your camper from camp.

[Click here to watch a YouTube video of a Friday Night Showcase performance!](#)

Family Vacation Packages at ADTC ULTIMATE Sierras

The Lake Tahoe, California area abounds with outdoor recreation options in the summertime, and the Village at Squaw offers many restaurants, shops and activities. ADTC parents and families wishing to stay in the area while their camper attends ADTC will find a casual, relaxing and pleasant atmosphere in which to enjoy the great outdoors at Squaw Valley, USA.

Family vacation packages with Squaw Valley Resort will be announced in the Registered Campers Packet distributed in the spring.

Weather in Olympic Valley, CA

At an elevation of 6,200 feet, Squaw Valley USA and the Squaw Valley Lodge experiences the full range of seasonal climates with 300 days of sunshine each year. The average summer temperatures range from 60 to 85 degrees.

Getting to ADTC ULTIMATE Sierras

American Dance Training Camp's Sierra Mountain location is the Squaw Valley Lodge, next to the Village at Squaw in Northern California. Tahoe City and the historic town of Truckee, CA are located within ten miles of the Squaw Valley Lodge. Sacramento is 100 miles to the west; Reno, NV is 45 miles to the east and San Francisco is about 200 miles west, less than four hours by car. The address is Squaw Valley Lodge, 201 Squaw Peak Rd, Olympic Valley, CA 96146.

Reno Tahoe International Airport, an easy 42 miles away via Interstate 80, is served by major carriers with non-stop flights from most US destinations.

The nearest train station to Squaw is in Truckee. Amtrak's California Zephyr train service (an all reserved-seat long distance train with full dining service and sleeping cars running from Oakland, CA to Chicago, IL) stops in Truckee. For more information, contact Amtrak directly: 1-800-USA-RAIL (1-800-872-7245) or www.tickets.amtrak.com.

Campers Flying Alone:

ADTC staff will be at Reno Tahoe International Airport through the early afternoon each Sunday to meet arriving campers and accompany them to camp. (A fee will apply.) The shuttle will depart the airport at approximately 3:00 p.m. Campers' flights will need to arrive by 2:30 p.m. to be eligible for the group shuttle. If a flight is delayed, we either wait for the flight as a group, or an ADTC staffer waits to accompany the delayed camper.

Campers with flights scheduled to arrive later than 2:30 p.m. (or campers arriving to a different airport, or arriving on a bus or train) may be able to be chaperoned to camp by ADTC staff for an extra fee; please contact us to discuss specifics in such cases. Campers needing transportation only (without an ADTC chaperone) can contact North Lake Tahoe Express (866-216-5222 or www.NorthLakeTahoeExpress.com) or Mountain Cab (530-582-5828 or www.MountainCab.com) to make arrangements directly with the shuttle company.

Anyone wishing to ride on the ADTC chaperoned shuttle MUST submit an "ADTC Shuttle Reservation Form" with their required camper paperwork. More details on the airport shuttle and an "ADTC Shuttle Reservation Form" will be included in the Registered Campers Packet distributed this spring.

Check In & Check Out

Each ADTC ULTIMATE Sierras camp session begins on Sunday afternoon and ends on Saturday morning. Check in on Sunday is from 2:00 - 4:00 p.m. Check out on Saturday is from 9:00 - 11:00 a.m.

Early / Late Arrivals and Departures

We strongly encourage all campers to arrive before 4:00 p.m. on Sunday and check out by 11:00 a.m. on Saturday. If you simply cannot arrive or depart within these times, don't worry. Arrangements can be made by submitting the "Early/Late Arrival or Departure" form, which will be included in the Registered Campers' Packet distributed to all registered campers this spring. Please note that a \$20 extra fee applies for campers checking in before noon on Sunday or checking out after noon on Saturday of their camp session.

Extended Stay Campers

Campers who need to arrive one day early for their camp session or stay an extra night after their session ends usually can do so. To request these arrangements, please submit an "Extended Stay Form", which will be included in the Registered Campers' Packet distributed to all registered campers this spring. The fee for one extra night is \$85. Meals are not included - please see Multi-Session Campers below for information on weekend meals. Please note that we generally cannot accommodate early arrivals on the first day of our first session or late departures on the last day of our last session.

Multi-Session Campers

For campers staying at ADTC more than one week, ADTC covers the price of the camper's Saturday night stay. Thanks for joining us for an extra week!

Between sessions, 24-hour supervision is provided by our staff, just as it is during camp. For convenience and comfort, each multi-session camper is assigned to her same dorm room for the next session.

An exciting weekend field trip usually is offered for our multi-session campers, on Saturday afternoon. Details, prices and a registration form will be included in the Registered Campers' Packet distributed this spring.

Multi-session campers need to allow for extra spending money in their canteen accounts to cover their weekend meals (Saturday lunch and dinner, and Sunday breakfast and lunch). ADTC staff accompanies campers to a campus or downtown restaurant. The group dines together and the staff pays the bill, after which the amount spent by each camper is deducted from her canteen account.

Roommate Placements / Requests

Campers who come solo to ADTC (that's most of our campers!) are bunked together with another solo camper their own age. Roommate assignments cannot be communicated in advance, but after registering you will be invited to join our Social Network, where you can connect with other campers coming to ADTC ULTIMATE Smoky Mountains during your chosen session. Girls who come to ADTC without knowing a soul usually leave us having made great friends and life-long connections!

If you're coming to ADTC with a friend and you want to room together, we welcome your roommate requests. Just fill out and submit the "Roommate Request Form" in the Registered Campers' Packet that will be

distributed to all registered campers this spring. (Roommate requests cannot be accepted any other way!) Coming with a group? Groups of friends can be placed in neighboring rooms - just list everyone's names on your Roommate Request Form (and be sure they do the same), and we'll take care of the rest.

Canteen & Activities Accounts

Campers make purchases from the ADTC Dance Canteen on credit, meaning we keep track of exactly what the campers spends, then charge the parent's credit card at the end of the week. Parents pre-authorize their campers to spend up to a certain amount at the Canteen each week, and ADTC's staff ensures each camper stays within her limit.

Fees for the optional field trips are handled the same way. On Sunday during their first team meeting, campers register for the optional activities they will participate in during their session. The fees for these activities are then paid by the parent with a credit card at check out.

A valid credit card is required to be on file for each camper during camp. We cannot accept cash or checks to pay canteen or account balances. For security reasons, we do not allow campers to have or use cash while at ADTC.

More details and a "Canteen & Activities Account Set-Up Form" will be included in the Registered Campers' Packet distributed this spring.

Health and Wellness

The ADTC staff is very accustomed to assisting campers with all types of medical needs. Rest assured that we are capable of taking great care of your camper's health needs while away from home.

ADTC has a licensed physician or nurse on-site daily and on-call 24/7 during each camp session. Additionally, all ADTC staff are trained in basic first aid and life-saving techniques. In the event of an emergency, Tahoe Forest Hospital in Truckee is five miles away. There is also a paramedics/ fire station 1 ½ miles away on Squaw Valley Rd.

Campers needing to take prescription medication will be assisted by ADTC staff; we keep all medications safe and distribute it as directed. Campers with inhalers should bring two - one to keep with her and one for us to hold. Those with severe allergies must bring their own anaphylactic kit.

Detailed camper health questionnaires and physical forms will be part of the required paperwork needed from each camper prior to arrival at camp. These forms and more information will be provided in the Registered Campers' Packet distributed to all registered campers this spring.

Food Allergies &/or Dietary Restrictions

Campers with special dietary needs (food allergies/sensitivities, vegetarian, vegan, Kosher... anything!) do not need to worry about how they will stay safe, healthy and well-fed at ADTC. The food-service staff at all ADTC locations is very accustomed to handling all kinds of special dietary restrictions.

We encourage campers with special dietary needs to bring to camp any desired or necessary food items they may need during their camp stay. These items are stored appropriately in the kitchen and can be served to the camper based on a schedule you discuss directly with the kitchen staff.

Parents are encouraged to speak with the kitchen staff and the camp nurse upon check-in to share details about your camper's special dietary needs. Should you wish to speak with the kitchen staff and/or nurse prior to camp, we can put you in touch with them approximately one month prior to your camp session.

Safety, Supervision and Support

ADTC's staff provides campers with 24-hour supervision, help and support. Whether it's a scraped knee or late-night homesickness, our counselors are there for your camper.

Being an effective counselor is more art than science, and the role is oftentimes complex: mentor, role model, dance instructor, comforter, disciplinarian... sometimes all at once. Our staff understands this implicitly. They approach their jobs with a true love for kids and a firm sense of responsibility.

Younger campers are escorted between activities, meals and dance classes. Older campers are trusted to transition between activities around campus, using the "buddy system," and to check into their next activity in a timely fashion. Counselors account for all campers after each transition. All camp activities - even free time and TV watching - are supervised by ADTC staff.

All off-campus activities are run through professional third-party outfitter companies. Any necessary driving to and from off-campus activities is handled by a professional shuttle company. All off-site events and activities are chaperoned by ADTC staff.

For everyone's safety, curfew is at 10:00 p.m. nightly. All campers must report to their hallways at this time. Campers' dorm rooms must be locked at bedtime and remain locked until 7:00 a.m. A counselor remains on-duty through the night to watch the halls and help any campers in-need.

Our Staff = Our Success

From dance class and meals to activities and free time, our counselors are constantly interacting with the campers. We do this not only to ensure each camper's safety and well-being. We do this to get to know each girl as a person, so we can understand and support the unique individual she is.

We measure the success of the ADTC ULTIMATE camping program not in the teaching of dance alone, but more importantly in how we are able to positively affect the lives of our campers.

ADTC is proud to have the best staff in the residential dance camp industry. Each year our counselors undergo a rigorous hiring process that includes a 14-page application, extensive interviews, background checks, reference verification, CPR & first aid certification, physical exam and an intense multi-day staff training on-site before camp begins. Most of our staff comes back year after year after year.

You couldn't ask for more interesting, sensitive and enjoyable dance teachers and camp counselors. ADTC's staff members are bright, enthusiastic, talented and well-educated people who love sharing their passion for dance - and life - with our campers. They are the foundation of ADTC's dance camp programs, and the reason for our success.

Still Have Questions? Contact Us!

We'd love to talk to you! Call us at 1-866-383-ADTC (2382) or fill out our [Contact Request Form](#).

We hope to see you at ADTC ULTIMATE Sierras this summer!