



**WEEK 1: ULTIMATE ROCKY MOUNTAINS IN COPPER, CO**  
**WEEK 2: ULTIMATE SIERRA MOUNTAINS IN SQUAW VALLEY, CA**

**\$2,195 (See website for discounts!)**

**[WWW.AMERICANDANCETRAININGCAMP.COM](http://WWW.AMERICANDANCETRAININGCAMP.COM)**

**PHONE/FAX: 1-866-383-ADTC EMAIL: ADTC@ASDANCE.COM**

**2010 DATES**

- >> SESSION 1 – SUNDAY, JULY 4 – SATURDAY, JULY 17
- >> SESSION 2 – SUNDAY, JULY 18 – SATURDAY, JULY 31

ULTIMATE TEEN TRAVEL camps are for girls ages 13 - 17. ULTIMATE West Southwest campers fly with ADTC staff between our Copper Mountain, CO and Squaw Valley, CA camp locations to spend one week as campers in each location. All arrangements for air and ground transportation between locations are made by ADTC, and travel costs are included in the quoted price. Experience the best American Dance Training Camp has to offer by participating in two of our amazing week-long camps...all in the same program!

**DROP OFF / PICK UP OPTIONS**

Each 14-Day/13-Night ADTC ULTIMATE West Southwest Dance Camp session begins on Sunday afternoon and ends on Saturday morning/afternoon.

Sunday afternoon check in is from 3:00 - 4:30pm at "The Edge" at Copper Mountain Resort, CO. For campers beginning their TEEN TRAVEL adventure in California, check in will take place Sunday morning at the Reno-Tahoe Airport (check in time to be confirmed no less than four weeks prior to your camp session). ADTC staff will be at the airport to meet arriving campers and fly with them to our Copper Mountain, CO location for their first week of camp.

Check out is from 9:00 - 11:00am at the Squaw Valley Lodge in Olympic Valley, CA. For campers completing their TEEN TRAVEL adventure in Colorado, check out will take place Saturday afternoon at the Denver Airport (check out time to be confirmed no less than four weeks prior to your camp session). ADTC staff will be accompanying campers on the flight back to Colorado from California and they will wait with campers until parents pick them up.

## **SATURDAY TRANSFER BETWEEN CAMPS**

On Saturday we travel from Copper Mountain, Colorado to Squaw Valley, California. All ground and air transportation between camps is supervised by at least one accompanying staff member (minimum one staffer for up to seven campers). The same staff member/s stays with the travel group throughout their TEEN TRAVEL Dance Camp experience to provide consistency and continuity. All travel details, along with the contact info for the accompanying staff member/s will be communicated to parents before camp.

## **LEADERSHIP PROGRAMMING FOR TEENAGE GIRLS**

ADTC treats every girl as an individual with unique gifts and strengths. We are committed to maximizing girls' self-development. Our camps provide girls with a safe environment to develop new dance and social skills, and build self-esteem that will lead to better life choices and an opportunity to realize their full potential. We offer a totally distinct, custom curriculum for teenage girls that focuses on helping girls build leadership skills like self-reflection, critical thinking, sound decision making, goal setting, clear communication and personal accountability. As a result, ADTC girls develop a true sense of their personal power and potential and the outcomes are amazing!

ADTC programs for teens are girls-only, safe-space gatherings that meet daily after dance class. A typical teen session features a guided conversation led by one highly trained Adult Program Coordinator and an assisting Teen Facilitator. Topics might include school, body image, nutrition, relationships with family, friends and boys, careers, health or whatever the girls identify as pressing issues for them.

ADTC works with girls during the critical teen years, when personal choices that are made can have lifelong consequences. ADTC girls build leadership skills and character traits such as honesty, personal accountability, learning to listen to the viewpoints of others, clear communication, critical thinking about life and its choices and sound decision making. Through ADTC's Goal Setting Initiative, girls learn a process for setting, working toward, evaluating, and reaching tangible goals. These are all skills essential to success in dance, school, work and life.

ADTC offers TEEN TRAVEL campers the opportunity to develop as individuals among a strong group of peers. TEEN TRAVEL campers live together as a group while gaining skills in teamwork, trust, and communication through daily team meetings and discussions. Girls return home from this unique travel, dance & leadership adventure forever changed by their experience, and celebrating their accomplishments!

## **FOR MORE INFO ON EACH LOCATION:**

- [>> DOWNLOAD ADTC ULTIMATE ROCKY MOUNTAINS INFO PACKET](#)
- [>> DOWNLOAD ADTC ULTIMATE SIERRA MOUNTAINS INFO PACKET](#)

## **STILL HAVE QUESTIONS?**

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

**We hope to see you at ADTC ULTIMATE West Southwest TEEN TRAVEL!**