



ADTC – The ULTIMATE Overnight Dance Camp!

AMERICAN DANCE TRAINING CAMP ULTIMATE SMOKY MOUNTAINS 2010

at Western Carolina University in the scenic Cullowhee Valley, NC

Session 1: Sunday, June 27 - Saturday, July 3

Session 2: Sunday, July 4 - Saturday, July 10

Session 3: Sunday, July 11 - Saturday, July 17

Session 4: Sunday, July 18 - Saturday, July 24

Join us in the picturesque Great Smoky Mountains of western North Carolina for American Dance Training Camp ULTIMATE Smoky Mountains, at Western Carolina University in Cullowhee, NC.

In 2010, ADTC will hold four one-week ULTIMATE Overnight Dance Camp sessions for girls ages 8 - 17 in the Great Smoky Mountains region. Come join us for one week, two weeks.... or all six!

About Western Carolina University

ADTC's southeast home is [Western Carolina University](#) (WCU) in beautiful Cullowhee, NC. WCU's campus blends scenic beauty with convenient, modern facilities, surrounded by the Great Smoky and Blue Ridge mountains. The views of the Great Smokies are awe-inspiring!

A member of the University of North Carolina's system, WCU is big enough to contain everything for a stimulating camp experience, and small enough for an intimate camp environment. In just the past five years, more than 20 facilities have been constructed, expanded, or renovated, including the dance studios in [Breese](#) and [Reid](#) gymnasiums, and [Reynolds Hall](#), ADTC's residence at WCU.

To learn more about Western Carolina University, visit their website: www.WCU.edu.

Dorm Life at ADTC ULTIMATE Smoky Mountains

At ADTC ULTIMATE Smoky Mountains, campers and staff live together in [Reynolds Hall](#), perched atop the hill in the historic area of WCU. Built in 1939, Reynolds Hall, the Honors College at WCU, was one of the first buildings on campus, and it enjoyed a complete makeover in 2006. Reynolds features suite-style accommodations - each room houses two campers who share a bath with the room next door.

It's just us in our living space... we have exclusive access to either the entire dorm, or to specific floors within the building (sharing only when necessary with other camps of similar age-range). Hallway blocks are organized so that girls of similar ages are grouped together. ADTC staff are housed in single rooms on each floor, providing campers with 24-hour supervision and support.

Building amenities include a main lobby with a large TV and pool table, air-conditioning, a lounge, a laundry room, vending machines, balconies on each floor, a Dance Canteen selling basic supplies, snacks, and ADTC apparel and souvenirs, and just outside is our own private quad with a sand volleyball court.

Camper packing lists and more dorm 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.

Our ULTIMATE Smoky Mountains dance classes are held in WCU's gymnasium buildings: [Breese](#) and [Reid](#) gymnasiums, or in the [Campus Recreation Center](#). The dance rooms are just a short walk from the dorm.

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 Smoky Mountains

Meals at ADTC's ULTIMATE Smoky Mountains are served buffet-style in the new WCU Courtyard Dining Hall, located just a short walk from our residence hall in the main area of campus. A variety of healthy and fresh menu options are available at each meal.

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. The Canteen is located in the main lounge within Reynolds Hall and 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 Smoky Mountains

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

Optional activities planned for ADTC ULTIMATE Smoky Mountains this year include:

- Leisurely rafting down the nearby Tuckaseegee River led by the professional guides of [Base Camp Cullowhee](#).
- Challenging yourself to high adventure with the HUGE climbing wall in the [Campus Recreation Center](#).
- Horseback riding through the magnificent Smoky Mountains with the friendly and knowledgeable staff at nearby [Arrowmont Stables](#).
- An afternoon of games and family-friendly entertainment at [The Fun Factory](#) (mini golf, bowling, go-carts, laser tag, arcade games and more)!
- Hiking the Great Smoky or Blue Ridge mountains to a hidden waterfall, magnificent mountain view, or perfect swimming hole with the BCC staff.

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 outside, 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 one of the university's indoor pools, sand volleyball behind Reynolds Hall, representing your peeps in a fun and challenging team event, arts & crafts, socializing in the ADTC Canteen, working on dance steps with instructors, watching TV, or just relaxing in your dorm 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 Smoky Mountains 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 Smoky Mountains

Cullowhee, the community where WCU makes its home, lies in a scenic valley in the Appalachian Mountains of Western North Carolina—just 30 miles from the [Appalachian Trail](#). Each year, millions of visitors are drawn to the region's spectacular landscapes and opportunities for many outdoor sports, including world-class mountain biking, backpacking, whitewater rafting and kayaking, golf, hiking and much more.

Here you can catch a [bluegrass or local music concert](#), check out examples of the area's traditional arts and crafts, and spend some time exploring the unique shops and restaurants of the surrounding towns and communities. The Cullowhee Valley offers many beautiful historic hotels and big-city amenities. It is a great home-base for parents and families wishing to stay in the area while their camper attends ADTC.

Family vacation packages with nearby hotels will be announced in the Registered Campers Packet distributed in the spring. More [vacation planning resources](#) also can be found on the WCU website.

Getting to ADTC ULTIMATE Smoky Mountains

Western Carolina University is located in Cullowhee, NC, 5 miles south of Sylva on Highway 107. WCU is easily accessible to many major Southeast metropolitan locations. It's only 40 miles from Asheville, NC, 90 miles from Knoxville, TN and 110 miles from Atlanta, GA. The address is Western Carolina University, University Way, Cullowhee, NC 28723. For driving directions, see the [Driving Directions](#) page on the WCU web site.

The nearest airport to Western Carolina University is the Asheville Municipal Airport in Fletcher, NC (approximately 56 miles away and a 1.25 hour drive). The Greenville Downtown Airport (Greenville, SC) airport is 85 miles, an approximately two-hour drive). The Atlanta International Airport is 110 miles away (approximately 3 hours' drive). The Charlotte Douglas International Airport is 160 miles away (approximately 3 hours' drive). Flights from all major metropolitan areas into the Asheville airport (most connecting through Charlotte or Atlanta) are available.

Campers Traveling to Camp Alone:

ADTC staff will be at Asheville Municipal Airport through the early afternoon each Sunday to meet arriving campers and chaperone them to camp on the ADTC camp shuttle. (A fee will apply.) The shuttle will depart the airport at approximately 2:30 p.m. Campers' flights will need to arrive by 2:00 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 2:00 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 Blue Ridge Limo (828-232-4046 or www.blueridgelimo.com) to make arrangements directly with the shuttle company.

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

Check In & Check Out

Each ADTC ULTIMATE Smoky Mountains 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, Harris Regional Hospital is six miles away in Sylva, NC.

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, dance instructor, comforter, disciplinarian... sometimes all at once. Our staff understands this implicitly. They approach their jobs with a true love of children 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. Staff accounts 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 organized and led by professional third-party companies. Any necessary driving to and from off-campus activities is handled by a professional shuttle company. All off-site events and activities also 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 Smoky Mountains this summer!