



American Pole League Training Camp 2022

April 6-11

Panama City Beach, FL

SCHEDULE*

Location:

La Quinta by Wyndam, Conference Room, 1st floor

7115 Coastal Palms Boulevard Panama City Beach, Florida 32408

Day, Location	Time	Activity	Description	Attendance
April 6 Wednesday		Arrival		
Apr 7 Thursday Conference Room	8:40am-9:00am	Participant's registration	Please arrive earlier to be registered for the camp. Be ready to sign a liability waiver and fill in a health protocol.	Puma, Phoenix, Team APL representatives, all students, photo/video
Conference Room	9:00am-11:00am	Theoretical part - Compulsory (for pole & aerial sports)	Introduction to the camp. Understandable explanation of pole sports rules in general. Explanation of compulsory section of the rules, experiences, examples.	Puma, Phoenix, Team APL representatives, all students
	11:00am-12:00pm	Lunch break		
Hotel Conference Room	12:00pm-12:30pm	Warm up	Warm up & light conditioning for pole sports	Puma, all students, Team APL representative
Conference Room	12:30pm-2:00pm	Practical part 1 - Compulsory elements	Compulsory elements. Intensive practical work on flex, strength, spins on static, spins on spinning pole moves.	Puma, all students, Team APL representative
Conference Room	2:20pm-3:50pm	Practical part 2 - Pole Tricks and Combos	Signature tricks and combos of Phoenix Kazree	Phoenix, all students, Team APL representative
	3:50pm-7:00pm	Promenade break		

Conference Room	7:00pm-8:15pm	Floor Acrobatics	Acro conditioning, variety of floor acrobatic exercises	Phoenix, all students, Team APL representative, photo/video
Location to be determined	8:30pm-10:00pm	Group dinner**	Friendly casual diner with all students, instructors and studio representatives	All available instructors, studio and Team APL representatives, students, photo/video
April 8 Friday Conference Room	9:00am-11:00am	Theoretical part - Technical bonus (for pole & aerial sports)	Understandable explanation of technical bonus section of the rules, experiences, examples.	Puma and Team APL representative, all students
	11:00am-12:00pm	Lunch break		
Conference Room	12:00pm-12:30pm	Warm up	Warm up & light conditioning for pole sports	Puma, all students, Team APL representative, photo/video
Conference Room	12:30pm-2:00pm	Practical part 1 - Technical bonus	Tech bonuses and dynamic combos. Intensive practical work on dynamic moves & combos, technical & compulsory bonuses.	Puma, all students, Team APL representative
Conference Room	2:20pm-3:50pm	Practical part 2 - Technical bonus	Dynamic combos and signature spins by Phoenix Kazree	Phoenix, all students, Team APL representative
	3:50pm-4:30pm	Coffee break		
Conference Room	4:30pm-5:45pm	Flexibility	Intense flexibility class with Pink Puma	Puma, all students, Team APL representative, photo/video
April 9 Saturday Conference Room	10:00am-12:00pm	Theoretical part - Technical deductions, Art & Choreo (for pole & aerial sport / artistic)	Understandable explanation of deductions, artistic & choreography sections of the rules, experiences, examples	Phoenix, Puma, all students, Team APL representative, photo/video
	12:00pm-1:50pm	Lunch break and promenade		

Conference Room	2:00pm-3:30pm	Practical part 1 - Art & Choreo	Creative practical work on overall originality, transitions, storytelling, choreography & floor work	Phoenix, all students, Team APL representative
Conference Room	3:45pm-5:00pm	Practical part 2 - Technical deductions	Practical work on transitions, lines, posture, presentation, spins with momentum on static & spinning poles, use of full height (based on given throughout the course materials)	Puma, all students, Team APL representative
	5:00pm-5:30pm	Transfer to the Beach		
Kayak Time	5:30pm-7:30pm	Kayak on the Beach	Time to have some fun and save memories from Florida! Free time on the beach, state park and kayak :)	All available instructors, studio and Team APL representatives, students, photo/video
April 10 Sunday Conference Room	10:00am-11:00am	Theoretical part - Artistic & Ultra pole disciplines	Explanation of artistic & ultra pole rules, experience, examples	Puma, all students, Team APL representative
	11:00am-12:00pm	Lunch break		
Conference Room	12:00pm-1:40pm	Practical part - Floor Acro Tricks & Handstands	Acro warm up, floor based acrobatic elements, handstands and transitions	Phoenix, all students, Team APL representative, photo/video
Beach time training and photo shoot	3:30pm-5:00pm (or later)	Ultra Pole on the beach	Creative acrobatic combinations on pole, original elements, pole stunts, energy, impact, memorability and all fun things :)	Puma, all students, Team APL representative
Location to be determined	8:00pm-11:00pm	Group Dinner		Phoenix, Puma, studio and Team APL representatives, all students, families, friends, photo/video

April 11 Monday	All day	Departure or personal trainings with instructors (upon request**)	Individual classes are available with the instructors	Puma, Phoenix, remaining students
April 12 Tuesday	Morning / Daytime hours	Personal trainings & group classes with instructors (upon request**)	Additional trainings for those who wish to build their competition routines and to extend their trainings with the instructors	Puma, Phoenix, remaining students
April 13 Wednesday	Morning / Daytime hours	Personal trainings & group classes with instructors (upon request**)	Additional trainings for those who wish to build their competition routines and to extend their trainings with the instructors.	Puma, Phoenix, remaining students
April 13 Thursday		Departure		

* Please note that the schedule is subject to change.

** Additional fees may apply for this activity.

Stay in touch with Team APL through Instagram @AmeracanPoleLeague

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