



“The Ultimate Sports Camps for Kids”



Campers go through various cheerleading drills while attending our camp. The emphasis is place helping campers get better with their footwork, tumbling, jumps, dance steps, and team skills.

Team concepts are Introduced with various cheer routines are implemented so campers can get ready for the upcoming season. Individual instructions will be given at every grade level.

Hard work will be on display at this camp!

- Campers needed to bring -

Sneakers / Cheer Shoes

Camp issued Cheerleader Gear (everyday no exceptions)

Water Bottle

{2} Towels

Extra Socks

Travel Bag

Lunch & {3} Energy Snacks

White T-Shirts (under practice gear)

Great Attitude



- The Cheerleader Experience -

Camp Instruction - (Weeks 1 – 2)

Cheerleaders' Skills Training



Campers will have the opportunity to learn chants, jumps, and stunts, as well as a cheer and dance. Each cheerleader will participate in a routine, which will be performed in front of the camp in Week 1 & 2. In this curriculum, each day is laid out in order of what should be accomplished for the day. Please look over each day's schedule and as you prepare to coach, think about how you may need to adapt the sessions to due the size, age, and skill level of your group. For example, Day One is set up to have you teach two general chants and the first three 8-counts of the dance in one session. However, based on the needs of your group, you may only be able to teach one general chant and the first 8-count of the dance. The next session or next day's curriculum may then need to be adjusted accordingly.



- *Cheerleaders' Concepts* -

Camp Instruction - (Weeks 3 – 4)

Team Concepts



Campers will come together and learn how to work together in various routines. Understanding the importance of teamwork is must in any cheer program and our counselors will set the stage for all of our campers success.

At the end of the camp, campers will perform routines they've learn throughout the camp process! Tumbling and other various stunts will be introduce.



- Cheerleaders' Concepts -

Camp Instruction - (Week 5 – 6)

Dance Skills Training



Campers will be introduced to the art of dance in the final four (4) weeks of the camp. Dance techniques, skills training, and routines will be on full display, as camp staffers and coaches put campers to the test. Different dance routines will be introduced. During this period of the camp, campers will put together dance and cheer routines that will be present at the Kids' Banquet at the end of the camp. Each age group will perform.



- Dance Concepts -

Camp Instruction - (Week 7 – 8)

Dance - Conditioning Training



The art of dance is a great way to socialize, but also enhance the overall body. Counselors will stress the importance of exercise and agility in the final weeks of the camp program. Dance is a sport that everyone can participate in. Conditioning is a huge part of dance, as you need to have stamina to get through various routines.

- Dance Concepts -





Campers receive (2) sets of cheer & dance practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their sneakers. Campers will also be provide with water bottles and camp bags to bring the gear to camp.



- Campers' Gear -