

“Cheerleading – Sports Academy”



Students 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!

- Students needed to bring -

Sneakers / Cheer Shoes

Camp issued Cheerleader Gear (everyday no exceptions)

Water Bottle

{2} Towels

Extra Socks

Travel Bag

White T-Shirts (under practice gear)

Great Attitude



- The Cheerleader Experience -

Academy Instruction

Cheerleaders' Skills Training



Students 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 academy. In this curriculum, each skill is laid out in order of what should be accomplished for the day. Please look over each skill 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 -

Academy Instruction

Cheerleaders' Jump Drills



Cheerleading jumps requires a combination of explosive power, core strength, and technical isolation. Starts with leg-strengthening exercises to build height and floor-based drills to master the "snap" needed for clean execution.

Students will learn how to perform these drills correctly to improve height and flexibility.



- Cheerleaders' Concepts -

Academy Instruction

Cheerleaders' Tumbling Drills



Tumbling skills progress from basic to advanced and require a solid foundation of fundamentals.

Forward Roll and Handstand: Fundamental skills for body control and balance.

Cartwheel and Round off: Essential for agility and building momentum for more complex passes.

Back Walkover and Back Handspring: More advanced skills often required for higher levels of cheerleading.

These are some the skills that will be taught during the Cheer program.



- Cheerleaders' Concepts -

Academy Instruction

Cheerleaders' Stunting Drills



Foundational stunting involves learning to be a base, flyer, or spotter. Early skills include two-leg prep-level stunts (shoulders or chest height) and, at higher youth levels, single-leg below-prep stunts.

Stunting involves teammates lifting or holding each other and requires trust and communication. Basic stunts include the

Thigh Stand, Prep (Elevator), and safe dismounts like the Cradle.

An adult spotter is essential for safety and will provide for all cheerleading drills!



- Cheerleaders' Concepts -

Academy Instruction

Cheerleaders' Conditioning & Team Spirit

Physical Conditioning: Incorporate exercises like push-ups, planks, lunges, and general stretching to build the necessary core strength, leg power, and flexibility.

Attitude and Teamwork: A positive attitude, team spirit, trust, and communication are among the most important skills, as cheerleading is a highly collaborative sport.

Conditioning is the mental part of any sport and will be on full display in the Cheer Program!



- Cheerleaders' 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.



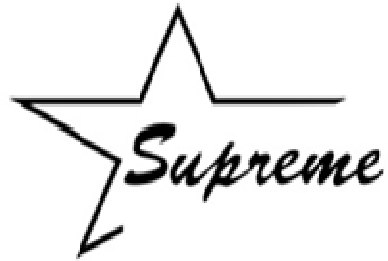
- Campers' Gear -



As part of the cheer program, students will take part in our mentoring & leadership classes. The goal is to prepare our student athletes how to work together , as a team on and off the field & court.



-Mentorship & Leadership -



Items needed for registration

Parent's ID

Update picture of your child

Any medical restrictions, we need to know about

Practice Gear Sizes - (Shirts & Shorts)

Class schedules for tutoring

Academy Hours & Sessions

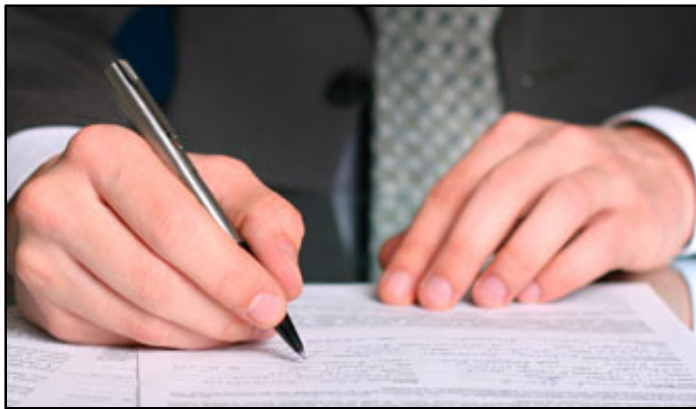
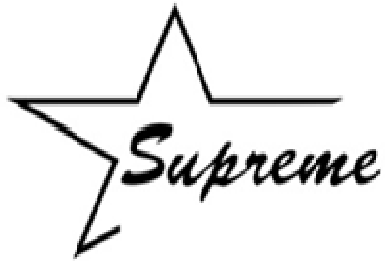
(TBA)

Holiday, School Break, Summer Camps Available

Full Day / 8am - 6pm / TBA



- Registration Information -



Monthly Tuition / TBA

Cheerleading - Program

Academy tuition cover the cost for the entire monthly academy experience, which includes the sports training experience, and daily meals.

Program deposit of (TBA) is required at time of registration. The deposit cover the 1st month tuition, t-shirts & shorts, travel bag, and administration fees.

TBA - monthly tuition discount for multiple family members are available at the time of registration.

Payment methods accepted;

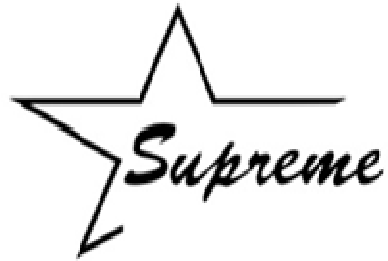
School's Payment Portal

No Cash App payments will be accepted.

Holiday & School Break Camp Available - TBA



- Students' Registration Information -



For more information Contact Us

@

Academy Hotline / 470 – 494 – 0292

Website: www.coreathletics.org

Academy - Executive Directors

Jerome Smith

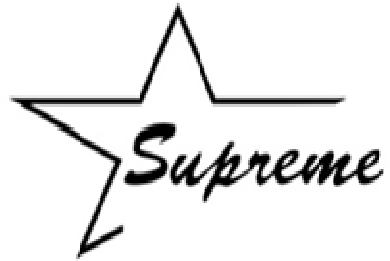
470 - 710 - 4373

Rashid Caraway

919 - 376 - 7167



- Contact Information -



Come be apart of the Best Sport Academy Program in the nation!

A place where kids can be kids!



- Welcome Information -