



“The Ultimate Summer 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 Introduce 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

Cheerleaders' Skills Training



Campers will have the opportunity to learn chants, jumps, and stunts, as well as a cheer. Each cheerleader will participate in a routine, which will be performed in front of the camp in Week 4 & 5. 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 be 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 be taught 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* -

Cheer Camp - Instructions

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 -

Cheer Camp - 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 camp.



- Cheerleaders' Concepts -

Cheer Camp - 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 -

Cheer Camp - 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 Camp!



- 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 -