



## Cheerleading Camps

**Chants, cheers and stunts: your camper will learn all of these and more at cheerleading camp. These camps are designed to give campers an edge in the highly competitive world of cheerleading. Curriculums are designed to accommodate every skill level, building on skills they already may have or teaching the very basics.**



**Who: Incoming 1st-8th Grade  
Where: St. Thomas More Gym  
Cost: \$125 per session or All Day \$200**

**July 9th- 13th**

**Session 1: 9:00 am - 11:30 pm or**

**Session2: 1:00 pm – 3:30 pm**

**July 16 – July 20**

**Session 1: 9:00 am - 11:30 pm or Session2: 1:00 pm – 3:30 pm**

**July 23 – July 27**

**Session 1: 9:00 am - 11:30 pm or Session2: 1:00 pm – 3:30 pm**



\*Instruction by: University of St. Thomas Cheerleaders-Captain, Bridget Reagins (STM C/O 2011) & The Cristo Rey Jesuit Cheer Team

### Session 1 (Morning)

Cheerobics  
Cheers  
Jumps  
Chants  
Tumbling  
Proper Motion Techniques

### Session 2(Afternoon)

Cheerobics  
Cheers  
Chants  
Jumps  
Dances  
Stunts

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**PLEASE PRINT**

**Name of Child:** \_\_\_\_\_

**Name of Parents:** \_\_\_\_\_

**Home Phone/Cell:** \_\_\_\_\_

**Emergency Contact/Phone Number:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**School:** \_\_\_\_\_

**T-shirt Size:** \_\_\_\_\_

**Camp Date (Circle):**      **July 9<sup>th</sup>-13<sup>th</sup>**

**July 16<sup>th</sup> - 20<sup>th</sup>**

**July 23<sup>rd</sup> - July 27<sup>th</sup>**

**Camp Session (Circle):**      **Session 1**

**Session 2**

**Session 1 & 2**

Please contact Mrs. Felton at [jfelton@stmnews.com](mailto:jfelton@stmnews.com), if you have any questions.