



Spirit Camp

- | | |
|-----------------------------|--------------------------|
| ★ Cheers & Chants | 1 Day- \$50 per athlete |
| ★ Jump Technique | 2 Day- \$80 per athlete |
| ★ Motion Technique | 3 Day- \$110 per athlete |
| ★ Sideline & Halftime Dance | |
| ★ Team Bonding | 6 hours each day |
-

Stunt Camp

- | | |
|--------------------------------|-------------------------|
| ★ Stretching & Warm-up | 1 Day- \$50 per athlete |
| ★ Proper Technique Instruction | 2 Day- \$75 per athlete |
| ★ Progression Drills | |
| ★ Flyer Flexibility Training | 2 hours each day |
| ★ Stunt Conditioning | |
-

Tumbling Camp

- | | |
|-------------------------------|-------------------------|
| ★ Stretching & Warm-up | 1 Day- \$40 per athlete |
| ★ Stations & Drills | 2 Day- \$65 per athlete |
| ★ Technique Clean-up | |
| ★ Standing & Running Tumbling | 2 hours each day |
| ★ Tumbling Conditioning | |
-

Routine Clean-Up

- | | |
|-------------------------------------|--------------------------|
| ★ Evaluation of Routine | 1 Day- \$50 per athlete |
| ★ Score Sheet Checklist | 2 Day- \$100 per athlete |
| ★ Clean up transitions | |
| ★ Suggest elements to boost routine | 5 hours each day |
-

Custom Camp

- | | |
|---------------------------|--|
| ★ Cheers/Chants | *Price of camp would vary depending on amount of days and the items you choose |
| ★ Jump Technique | |
| ★ Motion Technique | |
| ★ Tumbling | |
| ★ Stunting | |
| ★ Sideline/Halftime Dance | |