



Summer Youth Cheer Camp for grades K-8th



REGISTER AT:

[HTTPS://CHEER.LANCERSPORTS
CAMPS.COM/](https://cheer.lancersports.com/)

JUNE 29-JULY 2

9:00AM-1:00PM

TIME VARIES BASED ON GRADE

COST:

\$70/\$140

PLUS \$5 RYZER FEE

Camp Directors:

- Amy Rumburg: Varsity Head Coach and the 2023-2024 State Spirit Coach of the Year
- Jean Davis: Assistant Varsity Coach, JV Head Coach
- Held at Linganore High School

The LHS cheerleaders, along with additional LHS cheer coaches, will also be present, contingent upon availability.

The coaching staff collectively boasts over 30 years of cheerleading experience.

Accolades:

- 6-time State Champions
- 13-time Regional Champions
- 20-time FCPS Champions
- Back-to-Back-to-Back State Champions
Fall 2023, 2024, 2025

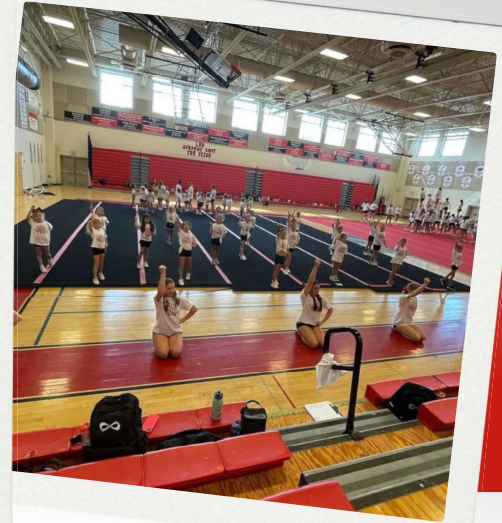
**STUNT
TUMBLE
DANCE
HAVE FUN!**

Contact info: Coach Amy, arumburg@gmail.com



The goal of this camp is to promote the sport of cheerleading and to encourage and help student athletes to improve their skills.

SPONSORED BY LINGANORE HIGH
SCHOOL SPORTS BOOSTERS
12013 OLD ANNAPOLIS RD
FREDERICK, MD 21701



CAMP FEATURES:

**SKILL INSTRUCTION (STUNTS,
TUMBLING, JUMPS, DANCE, CHEERS)**

GAMES AND PRIZES DAILY

TEAM BUILDING

**SHOWCASE FOR FAMILY & FRIENDS
ON THE LAST DAY**

**ROYAL ICE ON THE LAST DAY FOR
EACH CAMPER**

CHEERLEADERS OF THE WEEK

EACH CAMPER WILL GET A TSHIRT

AUTHORIZATION STATEMENT

The registered cheer athlete and I/We, parent/guardian, do hereby state that the registered athlete is physically fit to participate in any and all activities of the Linganore cheerleading summer youth cheer camp. The registered cheer athlete and I/We understand there will always be an inherent risk and /or injury associated with participation in any athletic activity and willingly assume all inherent risks and/or injuries during any activities of the cheer camp. The registered cheer athlete and I/We give permission to the Linganore cheerleading staff for emergency first aid, and/or medical treatment to the registered athlete as approved by the camp staff in case of injury and/or illness while participating in the camp. The registered cheer athlete and I/We, parents/ guardians, do hereby, in consideration of permitting the registered athlete to willingly participate in the Linganore cheerleading summer youth cheer camp, for myself, my heirs, executors and administrators, waive and release all rights and claims that I/We may have against the Linganore cheerleading summer youth cheer camp, it's staff, volunteers, and /or Frederick County Public Schools for any and all, injuries or losses sustained arising out of injuries or losses suffered by the said athlete while participating

PROCEEDS FROM THE CAMP MAY BE USED TO PAY COACHES.
THE LINGANORE CHEERLEADING SUMMER YOUTH CHEER CAMP IS NOT A
LICENSED DAYCARE PROVIDER

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