

## SENIOR CHEER CAMP!!!

### Hosted by MVAA Coaches

Come join MVAA Cheerleading Camp! This camp is hosted by Nationally Ranked coaches that have extensive knowledge in recreational and competitive cheerleading, along with tumbling and safety.

Cheer Camp gives your child a jump start on the season as the material learned will be used in the fall season. If your athlete does not attend a Middletown area school they can take the new material to their home teams. Everyone is rewarded for hard work with prizes throughout the week. A performance and awards ceremony with trophies is held on the last day; family and friends are welcomed to attend!

Material will range from youth skills to collegiate levels. Cheerleaders will learn the appropriate skills for themselves and build up to more challenging skills. Cheerleading Camp builds self-confidence, creates friendships, and teaches sportsmanship and fun!

#### Athletes will learn



Proper techniques in Jumps



Proper techniques in Stunting



Fitness Exercises appropriate for cheerleading



Cheers and Chants



Dance



Motions

#### Details



**Who:** 5th- 12th graders



**When:** Monday, July 18- Thursday July 21, 8am-1pm \*\*feel free to bring a snack



**Location:** Middletown Middle School Cafeteria



**Cost:** \$125 per athlete; 20% discount for second child in family (\$100), Early registration - \$115 before July 1



We will be inside and outside, please dress appropriately with tied tennis shoes, no jewelry & pockets, & hair up. A Cheer Gear Spirit Shop will be open before and after camp.

SEND CHECKS TO KELLY DELAUTER 7000 SPRINGDALE LANE MIDDLETOWN, MD 21769

Name of Athlete: \_\_\_\_\_

Phone # & Email Address: \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Payment: \_\_\_\_\_

Allergies/Info Coaches Should Know: \_\_\_\_\_