

Stars & Stripes

Cheerleading for Little Girls

Camp Spotlight

July 16-20, 2012 8:30-12:00pm
Aug. 13-17, 2012 1:00-4:30pm

Day \$29 Week \$135



"Let's Go Team!!" Does your little girl watch her older sister perform cheerleading routines? Does she dream of tumbling with a cheer team one day? With pom-poms & megaphones, our small friends, ages 3.5-5 years, will learn to perform chants, arm motions and basic cheer moves. Trampoline and pit time will enhance their learning experience. Coaches will teach a short cheer routine that will be demonstrated for parents on Friday. A cheer craft will be included every day at camp. What a fun opportunity for your little girl to experience the fun and excitement that comes from being a cheerleader! Bring a bathing suit and towel for water activities on Thursday.



Monday- Campers will be introduced to the basics of cheerleading. Today will be spent learning correct cheerleading body positioning and techniques that will be emphasized throughout the week. Single jumps and knee level stunts will be introduced. Craft time will be spent decorating their camp shirt that will be worn at the performance on Friday.

Tuesday- Cheerleading is a team sport in every aspect and today will be spent highlighting the importance of team work through a variety of games and activities. A new chant and more dance will be taught along with a review of stunts and jumps from the day before. Today, craft time will be spent creating a hair bow and clips- essential items for every cheerleader!

Wednesday- Today new stunts and jumps will be introduced. Another chant will be taught and more of the performance dance will be presented. Girls will spend the day working on flexibility and techniques of the skills introduced over the week and will make cheerleader related crafts.



Thursday- Every Thursday at Cheerleading Camp is water day! Girls will spend the earlier part of the day learning the rest of the chants, dance and stunts introduced throughout the week. A cheerleader craft will be done and the day will conclude with water activities.

Friday- It's performance day! Campers will experience what it is like to be a real cheerleader. The day will be spent in review of the materials learned over the week and will conclude with a high energy performance in front of family and friends.



Stars & Stripes Kids Activity Center
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