



| <b>Choreography Camp</b>   | <b>Cheerleading Skills Camp</b>   |
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| <p>Learn a complete competition ready routine at the ability level of your choice.<br/>Your routine can include:</p> <ul style="list-style-type: none"> <li>• Amazing Stunts</li> <li>• Pyramids (with transitions)</li> <li>• Awesome Jump Sequence</li> <li>• Visual Dance Segments</li> <li>• High-Energy Cheer/Motion Tech Segment</li> <li>• Basket Tosses</li> <li>• Unique Transitions</li> <li>• Unique Tumbling Sections</li> </ul> <p>Choreography Camp Cost: \$85-125 per person<br/>Call for Information</p> | <p>Custom camp designed by you. One of our professionally trained staff members will speak with you prior to your camp to help analyze your program's strengths and weaknesses.</p> <p>Your curriculum can include:</p> <ul style="list-style-type: none"> <li>• Proper stunt technique</li> <li>• Full Down/Double Downs</li> <li>• Creative Load-ins</li> <li>• Stunt Transitions</li> <li>• Cradle Techniques</li> <li>• Pyramid Transitions</li> <li>• Stunt Safety &amp; Spotting</li> <li>• Basket Tosses &amp; Drills</li> <li>• Motion Technique Training</li> <li>• Jump Technique Training</li> </ul> <p>Cheerleading Skills Camp Time &amp; Cost:<br/>Regular Hours: 9AM - 3PM (times are flexible)<br/>2-Day: \$100 per athlete or \$75 with Choreography</p> |

| <b>Stunt Camp</b>   | <b>Other Services</b>   |
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| <p>Stunt camps for all ability levels 1-5. You build your camp curriculum from the following:</p> <ul style="list-style-type: none"> <li>• Stunt Safety &amp; Spotting</li> <li>• Proper Stunt Grips</li> <li>• Creative Load-ins</li> <li>• Dismounts &amp; Cradles</li> <li>• Creative Pyramids</li> <li>• Stretching Exercises for Flyers</li> <li>• Strength Building Exercises</li> <li>• Pyramids with Inversions</li> <li>• How to stick my stunts</li> <li>• Creative Pyramids</li> <li>• Full Downs/Double Downs</li> <li>• Exciting Release Moves</li> <li>• Basket Toss Technique &amp; Tricks</li> </ul> <p>Cost: 2-Day 4 hours per day \$65 per person</p> | <ul style="list-style-type: none"> <li>• Team Tumbling Class</li> <li>• Tumbling Classes</li> <li>• Privates</li> <li>• Music Mixing</li> <li>• Gym Rental</li> <li>• All camps and clinics are at our gym unless request to be at your location.</li> </ul> <p>For additional information call: 708.532.6506</p> |