

NEASE HIGH SCHOOL PANTHER CUBS CHEER CAMP

WHEN: June 22nd – 26th, 2014

TIMES: 8:00 am - 12:00 pm

WHERE: Nease High School Cafeteria

AGES: Kindergarten - 6th grade

COST: \$100.00

ACTIVITIES:

This camp is a five day program focusing on the introduction of basic skills and techniques used in youth and high school cheerleading. A warm-up with skills and techniques will be presented so campers can continue improvement at home.

Panther Cubs will be separated into groups according to age and skill level and taught the material they will need in order to cheer at a NHS Varsity Football game during the 1st half and halftime.

Additional drill sessions will allow campers to develop skills in the areas of motions, jumps, tumbling (for those who have it coming in), and stunting.

All technical and routine teaching will be taught by the Nease High School Cheerleading Program Coaches as well as the Nease High School cheerleaders.

HOW TO REGISTER

Go to www.Neasecheer.org to register and pay.

Please bring a copy of your insurance card on day one if you would like your child to be able to stunt or tumble.

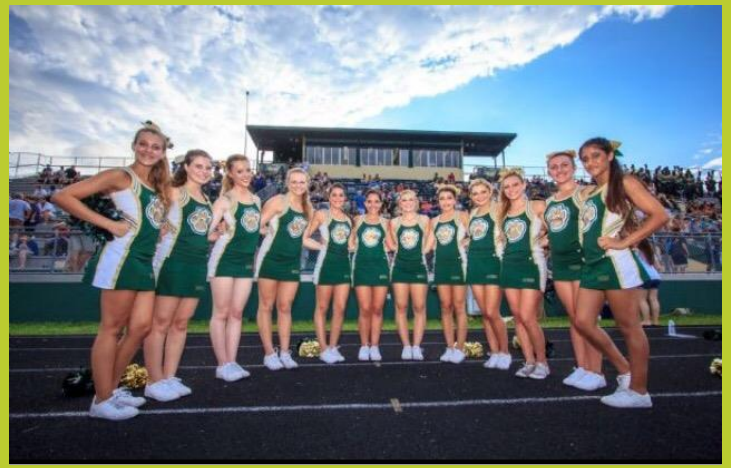


Melissa Fraum - Head Coach

www.NeaseCheer.org

Melissa.Fraum@stjohns.k12.fl.us

Phone: (904) 547-8300



WHAT PANTHER CUBS WILL GET

- T-Shirt
- Materials for crafts
- Warm-up & Material DVD
- Learn cheers, chants, stunts, and ½ time dance from the Nease High School Cheerleaders!
- Cheer the 1st half of the Varsity Football game!
- Perform half time at a Nease Varsity Football game!

WHAT TO BRING

- Comfortable clothing
- Snack & bottled water
- Gym shoes
- Smiles & Enthusiasm

SAMPLE SCHEDULE

8:00 – Check in / Ice Breaker game

8:30 – Warm-up, Motions & Jumps

9:00 – Group 1: Stunting & Cheers

Group 2: Dance

10:15 – Snack break

10:30 – Group 1: Dance

Group 2: Stunting & Cheers

11:00 – Crafts

11:45 – Review

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