



CAMP SUNNY

SUMMER CAMP

CHEER SPECIALTY CAMP

SUMMER 2017

Dear Sun Country **Cheer Camp** Participants and Parents,

Welcome to Sun Country's Cheer Specialty Camp! We are excited to work with your child and share the sport of cheerleading!

During camp, your child will be working on the fundamentals of the sport as they aim to learn a routine for their final performance. Our instructors will lead your child in warm-ups, go through motions, learn jumps, cheers, a dance and how to safely stunt. They will also work on standing and running tumbling. Your child will learn these skills in a safe, positive environment and be taught by knowledgeable instructors. The campers will also do a daily craft and play team-building games.

It is important that your child arrives on time to ensure they are safely warmed up for the day. At the end of each day they will learn how to condition and strengthen their body to better progress their skills.

Please have your child come to camp wearing athletic cotton shorts (no jean shorts or skirts) and a fitted top, socks and lightweight sneakers. Please have their hair pulled back (ponytails work best - braids tend to hit the girls in their eyes). If their hair is too short for a ponytail, please pull the top half up. Finally, participants should not have long nails or wear jewelry of any kind, as they present a safety hazard.

On Friday, your newly trained cheerleader will perform a special choreographed routine made for the families! Anyone interested in joining **Team Spirit All Stars** for the 2017-2018 season will be able to learn more on the last day of camp.

We are looking forward to a cheertastic week!

Sara Killough

Department Leader
Team Spirit of Sun Country
cheer@suncountrysports.com



SUN COUNTRY SPORTS - WEST

333 SW 140TH TERRACE • JONESVILLE, FLORIDA 32669 • PHONE: (352) 331-8773 • SUNCOUNTRYSPORTS.COM