



# CAMP SUNNY

## SUMMER CAMP

### CHEER AND TUMBLING SPECIALTY CAMP

SUMMER 2024

Dear Camp Sunny Parents and Participants,

Welcome to Sun Country's Cheer and Tumbling Specialty Camp! We're thrilled to have your child joining us for a week of fun, learning, and shared passion for the sport.

Please ensure your child arrives promptly between 7:30 AM and 9:00 AM each morning, dressed in appropriate attire. For girls, we recommend leotards or athletic shorts paired with a form-fitting or tuck-in T-shirt. Hair should be secured in a ponytail, bun, or braids, without large bows or clips. Participants are welcome to wear cheer shoes. Boys should wear athletic shorts and a T-shirt. Please note that no jewelry, including watches, Fitbits, bracelets, necklaces, or rings, should be worn during camp activities.

Throughout the week, your child will engage in a variety of Cheer and Tumbling activities in a safe, positive, and supportive environment under the guidance of our knowledgeable instructors. The day will begin with an energizing warm-up followed by a group stretch. Participants will then be grouped based on age and skill level to ensure tailored instruction. Every child will have the opportunity to practice skills across all gym apparatus in a progressive and safe manner. Alongside skill development, our athletes will also learn the importance of conditioning and flexibility, with exercises designed to enhance these aspects of fitness.

We're excited to announce that on Friday, the final day of Gymnastics Specialty Camp, students will have the chance to showcase their newfound skills in a special performance for parents and friends, followed by individual awards! Further details regarding the show will be provided during the camp week.

Should you have any questions or concerns, please don't hesitate to reach out to us at [gymdl@suncountrysports.com](mailto:gymdl@suncountrysports.com). We're committed to ensuring a memorable and rewarding experience for all participants.

Get ready for an unforgettable week at Camp Sunny! We can't wait to see your child shine.



**SUN COUNTRY SPORTS - WEST**

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