



2017 Youth Cheer Camp

Aug 4th – 6th

CAMP INFORMATION

Location: [St. Anselm College](#)
100 Saint Anselms Drive
Manchester, NH 03102

Overnight Cheerleader: \$230
Commuter Cheerleader: \$190
Overnight Coach/Advisor: \$185
Commuter Coach/Advisor: \$145

Overnight teams **must** have an adult coach/advisor stay with them.

CLASSES OFFERED AT CAMP

- ✓ **Cheer Class** - Motion workshop, cheers and sidelines, sideline etiquette
- ✓ **Pyramid Class** – Creative pyramids for small teams, transitional pyramids, elite pyramids
- ✓ **Dance Class** - Age appropriate dance to perform on the sideline or at halftime
- ✓ **Jump Class** - Stretches, jump drills, and techniques for all levels of jumps
- ✓ **Private Coaching** -Work with an instructor and incorporate a cheer with stunts, signs and/or poms
- ✓ **Evaluations** - Evaluations on your private coaching - ribbons awarded
- ✓ **Stunt Class** - Safety drills, partner stunts taught in a progression based upon the teams' ability
- ✓ **Team UCA** - Your team will participate in team building games that will encourage them to work together as a group
- ✓ **UCA All American Tryouts** - Members of each group can try out for All American
- ✓ **Coaches Program** – Head Instructor lead meetings using our coach curriculum



Get the latest material, skills, and trends that only UCA can offer!!

Open to all youth Cheerleaders ages 7 and up

Full team participation not required

\$50 non-refundable deposit per person is due by 6/1/17 to hold your spot.

Final payment due by 7/1/17.

For more information contact Laura Ostrowski
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