



2021 Park Ridge Spirit Cheer Summer Camp

Registration will open April 23, 2021 at www.prfootball.com

5-Day Camp: July 12-16, 2021

9:00am-12:00pm

Ages 5-10 | \$125

St. Andrews Church Gym, 260 N Northwest Highway, Park Ridge

This year's summer camp will be run by three adult camp counselors, along with Junior Coach Park Ridge Competitive Cheerleaders. Participants will be split into groups by grade.

Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 9am-9:15am | Warm-up (stretching) | Warm-up (stretching) | Warm-up (stretching) | Warm-up (stretching) | Warm-up (stretching) |
| 9:15am-9:30am | Learn a Cheer | Learn a Cheer | Learn a Cheer | Learn a Cheer | Practice all together |
| 9:30am-10:15am | Small Groups | Small Groups | Small Groups | Small Groups | Practice with small groups |
| 10:15am-10:30am | Break (snack from home) | Break (snack from home) | Break (snack from home) | Break (snack from home) | Break |
| 10:30am-11am | Learn Dance | Learn Dance | Learn Dance | Review Dance | Performance |
| 11am-11:20am | Review skills all together | Review skills all together | Review skills all together | Review skills all together | |
| 11:20am-11:45am | Group Game | Group Game | Group Game | Group Game | |

Camp Cost: \$125 per participant, includes camp t-shirt & hair bow

Components of the Camp will include:

- Stretching:** Learning proper stretches for warming up
- Cheers:** Learning 4-7 cheers, depending on age group
- Jumps:** Learning 4 different cheer jumps
- Dance:** Learning a 30 second – 1 minute dance routine, depending on age group
- Small Groups:** Participants will split into teams of 7-10, reviewing jumps, the dance routine, and cheers learned.

Parents will be invited to the performance showcase on **Friday, July 16th at 10:30am**. Participants should be dressed in their camp t-shirt and hair bow (provided by the camp). The performance will include:

- All camp cheers (2 cheers)
- Dance level 1
- All camp jumps
- Dance Level 2
- Small Groups Routine
- Dance Level 3

Any questions, please email Director of Park Ridge Cheer, Kristin Zabratanski at: kristinzab@gmail.com