



2022 Park Ridge Spirit Cheer Summer Camp

Registration will open February 13, 2022 at www.parkridgefootballandcheer.com

5-Day Camp: July 11 - 15, 2022

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 be split into teams of 7-10, reviewing jumps, a dance routine, and cheers.

Parents are invited to the Performance Showcase on **Friday, July 15th 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 Spirit Cheer, Pantra Hoeft at: prspiritcheer@gmail.com.