



## 2023 Park Ridge Spirit Cheer Summer Camp

**5-Day Cheer Camp:** July 10th - 14th, 2023 from 9:00am to 12:00pm

Ages 5-10

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

**Camp Cost:** \$135 per Cheerleader,  
includes camp t-shirt and bow!

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

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9am-9:15am	Warm-up & Stretches	Warm-up & Stretches	Warm-up & Stretches	Warm-up & Stretches	Warm-up & Stretches
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 (Snack from home)
10:30am-11am	Learn Dance	Learn Dance	Learn Dance	Learn Dance	PERFORM!
11am-11:20am	Review Skills all together	Review Skills all together	Review Skills all together	Review Skills all together	PERFORM!
11:20am-11:45am	Group Game	Group Game	Group Game	Group Game	PERFORM!

**Components of the Camp will include:**

- Stretching:** Learning the 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 to 1 minute dance routine, Depending on age
- Groups:** Girls will be split into squads of 7-10 girls, reviewing jumps, a dance routine, and cheers.

### FINAL DAY SHOWCASE

Parents are invited to the performance showcase on Friday, July 14th at 10:30am. Cheerleaders should be dressed in their camp provided t-shirt and hair bow. The performance will include:

- All camp cheers
- Dance level 2
- Dance Level 1
- Small group routines
- All camp jumps
- Dance level 3

Any questions, please email the Directors of Spirit Cheer, Shannon Hickey or Lauren Prandato at  
PRSPIRITCHEER@gmail.com