

Horseheads Varsity “H” Cheerleading Camp

Grades 7-12 10:00-12:00

Grades K-6 1:00-3:00

July 28-31

HIGH SCHOOL NORTH GYM

****Registration is online**

Camp Location: HIGH SCHOOL NORTH GYM

Equipment Required: A water bottle, preferably labeled with child’s name

Shorts, t-shirt, sneakers, hair-up, leave jewelry at home

Registration Fee: \$85.00 (This includes a camp T-shirt)

Make checks payable to: Horseheads Varsity “H” ****Bring on the first day of camp.**

Camp Director: Kayla Kuhns, Head Varsity Cheerleading Coach

Assistants: Past HHS Cheerleaders

Camp Philosophy:

The goal of Varsity H Cheerleading camp is to provide the basic skill level all the way to the advanced in introduction as well as a base for our JV and Varsity cheerleader. We will provide a fun-filled week of cheer skills and activities.

Camp Format:

Warm-up/stretch (cheerobics)

Team Bonding

Cheers/chants/ Tumbling

Tumbling/Cheer Routine/Stunting