

# Horseheads Varsity "H" Cheerleading Camp

Grades K-6 2:00-4:00

Grades 7-12 6:00-8:00

July 31-August 3 • 2:00-4:00 & 6:00-8:00  
MIDDLE SCHOOL FIELDHOUSE

**\*\*Registration is online [here](#)**

**Camp Location:** MIDDLE SCHOOL FIELDHOUSE

**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:

9:00-9:30 Warm-up/stretch (cheerobics)

9:30-10:00 Team Bonding

10:00-10:30 Cheers/chants/ Tumbling

10:30-11:00 Tumbling/Cheer Routine/Stunting