

# 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**