

# Horseheads Varsity “H” Cheerleading Camp

**Grades K-6 9:00-11:00**

**Grades 7-12 1:00-3:00**

**August 1-4 • 9:00-11:00 & 1:00-3:00  
High School South Gym**

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

- Camp Location:** High School South Gym  
\*\*Drop-off and Pick-up at the Administration/Nurses Office Entrance
- 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:** Jami Earley, Head JV Cheerleading Coach

## **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

10:00-11:00 Cheers/chants/ Tumbling

11:00-11:30 Tumbling

11:30-12:00 Cheer Routine/Stunting