

cheergyms.com

SUMMER CHEER CAMP
at
California Maritime Academy
Vallejo, California
July 31 – August 3, 2008

Cheergyms.com will provide you with the safest, most exhilarating and extremely fun camp you have ever attended. It is our goal to give you everything the other camp companies do, plus much, MUCH MORE!!!

PLACE: California Maritime Academy 200 Maritime Academy Drive Vallejo, Ca 94590-8181 707-654-1039	TIMES: Arrive at 10:00 am on Day 1, at Cal Maritime Academy Pick-up at 1:00 pm on Day 5, from Cal. Maritime Academy	COMPANY: Cheergyms.com, Inc. 2060 Commerce Ave., Concord, CA 94520 www.cheergyms.com 866-685-7516
--	--	---

COST: \$365.00 per participant (\$275 per commuter; Advisors/Coaches FREE).

TYPICAL SCHEDULE:

<p>Day 1</p> <p>11:00 am check-in 1:00 pm – Intros & Staff Performance 1:30 pm – Camp Dance 2:30 pm – Stunt Timing 3:30 pm – Break 3:45 pm – Half Time Class 5:00 pm – Dinner 7:00 pm – Electives</p> <ul style="list-style-type: none"> • Beginning Tumbling • Back Handsprings • Adv. Quarter Cheer • Int. Quarter Cheer • Dance #1 <p>8:15 pm – Team Bonding</p> <p>*** NO NEED TO BRING ANYTHING FROM HOME FOR EVALUATIONS!</p>	<p>Day 2 & Day 3</p> <p>6:30 am – Breakfast 8:00 am – Warm-ups/Chants 8:30 am – Jumps & Jump Drills 9:00 am – Electives</p> <ul style="list-style-type: none"> • Back Handsprings • Back Tucks • Dance #2 • Adv. Quarter Cheer • Int. Quarter Cheer <p>10:00 am – Electives</p> <ul style="list-style-type: none"> • Extensions, Show-n-Go's, & Single based Ext. Preps • Lib and Lib Variations • Basket Tosses <p>11:00 am – Pyramids with Private Coach 12:00 pm – Lunch 2:30 pm – Half Time Class 3:30 pm – Working with Private Coach on Evaluation 5:00 pm – Dinner 7:00 pm – Evaluations 8:15 pm – Team Bonding 8:45 pm – Evening Awards</p>	<p>Day 4</p> <p>6:30 am – Breakfast & Cleaning rooms and taking luggage to Advisors room 9:00 am – Warm-ups/Chants 9:30 am – Work with Private Coach on Final Evaluation 10:30 am – Final Evaluations 11:45 am – Review weeks material 12:15 pm – Final awards 1:00 pm – Camps ends!</p> <p>* Be thinking on what team your squad wants to vote for to receive the Cheergyms.com Spirit Award!</p>
---	--	---

The BEST Cheer Experience you will EVER Have!!!!