



www.vancouverallstarcheer.com
(604) 464 VASC (8272)
gforcegym@gmail.com

Summer Cheer Camps - Designed for All Ages:

- Cost** - \$65 +tax for 3 Day – Half Day and \$120 for 3-Day Full Day
- \$105 +tax for 5 Day-Half Day
- \$200 + tax for 5 Day-Full Day
- **VAS athletes save \$25 on any Full Day Camp

MORNING or AFTERNOONS... OR BOTH!! YOU CHOOSE!!

These camps are designed to handle all levels of cheerleaders and abilities. Camps will focus on developing cheerleading skills like jumps, stunting, motions, dance and tumbling in a fun environment. There will be a performance on the final day just before pick up time.

General Day Camp Daily Activities

- Group Games / Group Warm-up / Stretch / Motion review
- Group Cheer and/or Dance Class
- Tumbling Stations / Gymnastics & Tumbling Training & Technique
- Trampoline Skills and Fast Track Trampoline practice
- Nutrition Break (Bring snack and water bottle daily)
- One Hour Lunch Break Daily that may include TV Time – Outside Time - Down Time
- Cheer Skills: jumps, stunts, pyramids
- Routine Practice & Performance Skills & Recap and Goal Setting

- Camp #1** 9am to 12pm **and/or** 1pm to 4pm - Tues, July 6th thru to Thurs, July 8th
- Camp #2** 9am to 12pm **and/or** 1pm to 4pm - Mon, July 19th thru to Fri, July 23rd
- Camp #3** 9am to 12pm **and/or** 1pm to 4pm - Tues, July 27th thru to Thurs, July 29th

Please fill out this portion of Registration and attach payment...

Name of Athlete

Parent(s) Name(s)

Age and Birth Date

E-mail Address

Address

City, Postal Code

() _____
Home Phone Number

() _____
Alternate Phone Number (Emergency contact?)

Summer Cheer Camp #1, Camp #2, Camp #3

Morning / Afternoon / All Day ? _____

New Members Only> Membership & Insurance Fee

\$5

Tax
Total: