

# SJHA Cheer Camp 2019



The SJHA Cheer Camp is designed to develop confidence, skills and teamwork for girls in grades 4-8. Our Cheerleading Camp is a dynamic fun filled program combining dance, jumps, tosses, cheers and chants for campers. Our camp curriculum, developed by our Cheer Coach, Ms. DeAngelis, is designed to ignite school spirit and develop motivation and leadership. Our Instructors will work with students individually and in groups to help campers hone their cheerleading strengths, skills, and ability to work well in groups, in a safe and fun environment!

Please join our specialty instructors for the following master workshops:

- Dance & Jumps
- Cheers & Chants
- Stretch & Tone
- Stunts & Flying
- Flexibility & Strength

## Come Cheer with us!

\*Current and prospective SJHA Cheerleaders are encouraged to participate.