

SpiritWorks Cheerleading & Dance Co.

Dorm Summer Cheer Camp 2011

Sign Up Here!

Please fill out and mail this form to Linda Rae Chappell at: **SpiritWorks**; P.O. Box 11776, Kansas City, MO 64138 or email to Linda at SpiritWorksLRC@aol.com or Fax to 816-800-2236

Name of School _____
School Address _____
City/State/Zip _____
Name of Coach/Advisor/Contact _____
Cell Phone _____ Other Phone _____
Email _____ FAX _____

Squad(s): List how many and squad name

Camp Dates & Cost:

Camp will be held at William Jewell College in Liberty, MO on June 13-14-15-16, 2011. The camp cost per person is \$305. Team deposits of \$50 per person are due May 6, 2011.

Sign Up for What You Want

Cheer Basics: Motion Technique, Body Control, Voice, Spirit Projection
 Chants: Football Anytime Basketball Other: _____
 Cheers: Time Outs/Halftime Competition Crowd Involvement/Signs
 Stunts: Beginning Intermediate Advanced All Girl Coed
 Pyramids: Intermediate Advanced Transitions
 Safety: Spotting All Basics National Federation Rules
 Jumps: Herkie L/R Side/Front Hurdler Toe Touch Others: _____
 Stretching/Conditioning/Stretching: For Jumps For Stunts/Pyramids
 Sideline Dances: 8-Count Routines With Music For Band
 Sideline Dances: Hip Hop Pom Other: _____
 Fight Song: New Rework Current One Other: _____
 Unity Building Exercises, Teamwork, Communication, Goal Setting
 Sportsmanship, Leadership, Crowd Control
 Special Performance for Last Day of Camp & Back-To-School Event
 Competition: Components/Stunts/Pyramids Cheer Dance
 Coaches Meetings with Linda
 Other Requests: _____