

# ECE SUMMMER CAMP

GET THE MOST OUT OF YOUR HIGH SCHOOL TEAM

1434 Hartford New London Turnpike Oakdale, CT 06370 / 860-443-4324

## WHAT DO YOU WANT IN A CAMP?

### Time & Attention

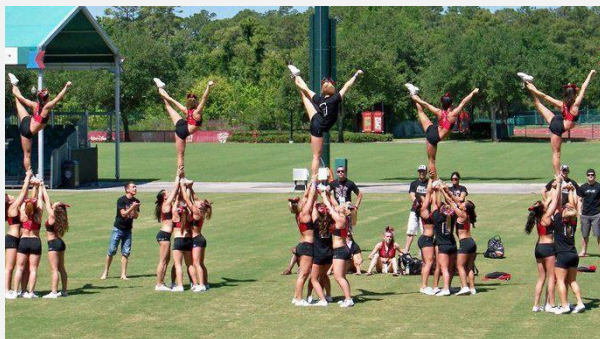
Join us for our 2 ½ day camp. This will be your best high school camp yet! Our summer camp is tailored to high school teams. and better preparing your team for the upcoming season.

### Qualified Instructors

ECE camp instructors have worked camps from the east to the west coast. They have trained with some of the best and are ready to pass their knowledge onto you and your team. All staff are CPR and first aid certified.

### Facility & Location

Don't worry about us cancelling due to the weather! Instruction will take place inside our air-conditioned training facility and outside (weather permitting). Facility training aids will help increase skill and safety. Easy access off all major highways.



Teams with 11 or more- \$135 per cheerleader  
Teams with 10 athletes or less \$1350 per team

"It's is better to look ahead and prepare than to look back and regret"

## CAMP DATES AVAILABLE

Pick your camp dates. Space is filling up quickly.

Camp 1- July 9th-11th

Camp 2- July 25<sup>th</sup> -27th

Camp 3- Aug. 15th-17th

## WHAT YOUR CAMP WILL COVER

We cover everything you need for your team!

Proper Warm-up, stretching and cool downs

Basic through Advance Stunting

Creative partner stunts

Jump drills and technique

Basket toss "the breakdown"

Pyramid transitions and techniques

Tumbling for all levels

Clean cheer motions

Camp cheer / Camp Dance

Creative new ideas and concepts!

2.5 Day High School Camp  
9am-4pm, last day 9am-12pm  
2-3 High School Teams Max  
Amazing Staff to Athlete Ratio  
Quality Instructors  
Free camp team t-shirt  
Camp Awards

