

# Premier All-Stars Summer Camps & Clinics

## **FULL DAY CHEER CAMP**

This camp has been an athlete favorite, since the beginning of our program in 2004. Athletes are provided instruction on stunting, tumbling, dance, jumps, flexibility, and strength. They also have themed spirit days and learn fun games. A performance will be done the last 30 minutes on Thursday.

## **3 DAY TUMBLE CLINIC**

These clinics will provide a motivating atmosphere to work on new tumbling skills. New skills and improvements throughout the camps will be posted on the wall and awards will be given. This is a fun way to work on perfecting technique and important fundamentals of tumbling as well as learn and accomplish new skills. At times throughout the camps very specific groups will be broken down to work on specific skills so each athlete gets the opportunity to focus on specific goals.

## **FLYER WORKSHOP**

This camp is designed to teach the correct technique and posture required to be a top girl. Drills and conditioning specifically for top girls will also take place at this camp and can be used beyond camp to continue to improve their flying ability.

Some of the most talented bases and back spots within our program will be at this camp to stunt with the top girls and allow the top girls to try new skills in a safe environment. This camp is highly recommended for current top girls or those who would like to learn how to become one!

## **TINY STARS MINI CAMP**

This camp is a perfect introduction to cheerleading for young athletes, ages 3-5. It is just two hours long each day to ensure they do not get too overwhelmed, while maximizing their learning capacity. They will be taught basic tumbling and stunting skills, motions, including a short dance, and the fundamentals of jumps and flexibility. The activities and stations included will focus on basic and fine motor skills. This is a great opportunity for kids to get a taste of cheerleading, without a major commitment.