



2024 PALMER SUMMER CHEER CAMPS



MINI CHEER CAMP (rising Pre-K - 3rd grade)

June 3-6, 2024 (Mon-Thurs)

8:30AM-12:30PM

\$200.00 (includes camp shirt, poms and bow)



JV/VARSITY CAMP (rising 4 - 8th grade)

August 5-7, 2024 (Mon-Weds)

9:00AM-4:00PM

\$250.00 (includes practice shirt, poms and bow)

**Tryouts following on Thurs, Aug 8th, 3:30PM-6:00PM



UPDATED SPORTS PHYSICALS REQUIRED!

- DEVELOP AND BUILD ON YOUR CHEER SKILLS
- LEARN AND IMPROVE STUNTING
- LEARN SIDELINE/PEP RALLY CHEERS
- LEARN CHOREOGRAPHED ROUTINES
- LEARN AND IMPROVE JUMPS, KICKS AND SOME TUMBLING SKILLS
- PREP FOR TRYOUTS! (FOR JV/VARSITY)



WHAT TO WEAR:

- athletic clothes (cheer skort, athletic shorts or leggings, t-shirt or tank NO CROPPED tops, sports bra)
- cheer OR athletic sneakers and socks
- hair pulled back COMPLETELY
- no dangly jewelry or earrings
- DRESS FOR OUR DAILY THEMES! (see registration page for details)

WHAT TO BRING DAILY:

- water bottle
- 2 snacks
- lunch
- pom poms (will be handed out day 1)



IF YOU PLAN TO TRYOUT,
CAMP WILL BE
EXTREMELY IMPORTANT!!!
TRYOUT INFO COMING
SOON!

Email with questions:

Sara Riner

pcacheercoach@gmail.com

2024 SUMMER CHEER CAMP REGISTRATION

Select your camp:

MINI CHEER CAMP (rising Pre-K - 3rd grade)

June 3-6, 2024 (Mon-Thurs), 8:30AM-12:30PM, \$200.00 (cost includes poms, shirt and bow)

JV/VARSITY CHEER CAMP (rising 4th-8th grade)*

August 5-7, 2024 (Mon-Weds), 9AM-4PM, \$250.00 (cost includes poms, shirt and bow)

Tryouts August 8th (Thurs), 3:30PM-6:00PM

Student Name: _____

Current Grade: _____ Rising Grade: _____

Parent/Guardians' Names: _____

Cell #s: _____

Preferred Email Address: _____

Emergency Contact Name: _____

Cell #: _____ Relationship: _____

Please list any major allergies, injuries, dietary restrictions or other health concerns: _____

Please list any relevant cheer, dance or gymnastics or tumbling experience: _____

Attire:

- Athletic clothing (cheer skort or athletic shorts or leggings, tshirt, tank top or athletic top NO CROP TOPS, sports bra
- Cheer or athletic sneakers and socks
- Hair pulled back COMPLETELY
- No dangly jewelry or earrings

Please bring:

- water bottle, daily lunch, 2 snacks, pom poms

*For rising 4th-8th graders only: **Will you be trying out for cheerleading this fall?**

 Yes No Maybe Have questions for coach and will email!

DAILY THEMES MINIS:

Monday: SUMMER VIBES (tie dye, bright colors, sunglasses, tropical)

Tuesday: GLAM GIRLS (glitter, sparkly, etc.)

Wednesday: WILD CHILD (animal prints, etc.)

Thursday: PCA SPIRIT (camp shirt, bow, black or navy cheer skort or athletic shorts)

DAILY THEMES JV/VARSITY:

Monday: SUMMER VIBES (tie dye, bright colors, sunglasses, tropical)

Tuesday: MISSION IMPOSSIBLE (all black, camo)

Wednesday: PCA SPIRIT (camp shirt, camp bow, black cheer skort, poms)

We will send out more details over the summer!



EMAIL SARA RINER WITH QUESTIONS - PCACHEERCOACH@GMAIL.COM
SPACE IS LIMITED - SECURE YOUR SPOT TODAY!

REMEMBER YOUR SPORTS PHYSICALS FOR JV/VARSITY CAMP!

Please make checks out to Palmer Catholic Academy and note

"Summer Cheer Camp" in the memo! (\$200.00 for Minis; \$250.00 for JV/Varsity)