

Intro to Cheer Crash Course Camps

Age 3-6 Crash Course Camps

Date	Camp #	Days / Times
Aug 4 & 5 \$32.00	1	10:00am— 12:00pm
Aug 10 & 11 \$32.00	2	10:00am— 12:00pm

Age 7-10 Crash Course Camps

Date	Camp #	Days / Times
Aug 6 & 7 \$32.00	1	10:00am— 12:00pm
Aug 12 & 13 \$32.00	2	10:00am— 12:00pm

Our Intro to Cheer Crash Course Camps are designed for athletes (with little / or no previous cheer experience) who may have an interest in competitive cheerleading, but would like some 'hands-on' cheer experience or assessment of their current skill levels.

2015-2016 Competitive Season GA Cheer Tryouts

Tryouts for the Competitive Season GA Cheer program will be held on the following dates:

August 18th

Ages 3-8 6pm—8pm

August 19th

Ages 9-14 6pm—8pm

August 20th

Ages 14+ 6pm—8pm

To register a spot in the tryout, please call us @
306-789-3133

2014-2015 Competitive Season GA All-Stars registration opens on June 20th.



GA Cheer
Summer 2014
July & August

Online registration begins:

Wednesday, May 6th, 2015 at 8:00 am

In-person registration begins:

Wednesday, May 13th, 2015 at 12:00 pm

Register online @
www.gymnasticsadventure.ca

OR

contact the office to register
(306-789-3133)

Cheer Camp Level 1/2

Date	Camp #	Level	Days / Times
July 6-9 \$96.00	1	1/2	Mon–Thurs (4 days) 12-3pm
July 20-23 \$96.00	2	1/2	Mon–Thurs (4 days) 12-3pm
Aug 4-7 \$96.00	3	1/2	Tues–Fri (4 days) 12-3pm
Aug 17-20 \$96.00	4	1/2	Mon–Thurs (4 days) 12-3pm

Athletes who have been registered in the GA Cheer program are recommended to train in the following levels:

Mini–Level 1
Youth–Level 1
Junior–Level 2

Cheer Camp Level 3/4/5

Date	Camp #	Level	Days / Times
July 13-16 \$96.00	1	3/4/5	Mon–Thurs (4 days) 12-3pm
July 27-30 \$96.00	2	3/4/5	Mon–Thurs (4 days) 12-3pm
Aug 10-13 \$96.00	3	3/4/5	Mon–Thurs (4 days) 12-3pm
Aug 24-27 \$96.00	4	3/4/5	Mon–Thurs (4 days) 12-3pm

Athletes who have been registered in the GA Cheer program are recommended to train in the following levels:

Senior–Level 3/4/5

Competitive Cheer Camps Description

Level 1/2 Camp

Level 1 focuses on building strength and flexibility required to execute all subsequent tumbling skills. These levels specifically works on front rolls, back rolls, cartwheels, walkovers, and round offs.

Level 2 teaches athletes the concept of rebounding and hurdles which combines speed and strength to execute. This level works on back handsprings, front handsprings, and connecting a round off to multiple handsprings in sequence.

Level 3/4/5 Camp

Level 3 is the first level in which athletes begin to flip. It focuses on body control and spacial awareness while in the air. This level works on multiple standing back handsprings, front handsprings as well as backflips and front flips in running tumbling passes.

Level 4 is where athletes learn to flip from standing passes. Athletes will work on perfecting tumbling in a running pass and proper execution of body positions. This level works on backflips and front flips in standing tumbling passes as well as laid out inversions in running tumbling.

Level 5 is the last level offered in cheer tumbling. The main focus in this level is learning how to twist in mid-air. This level works on twisting while flipping in both running and standing passes as well as learning to tumble out of flips.