

## **Spirit Spectacular Clinics and Camps Summer 2022**

(revised 3/17/2022.5 pm PST)

COACHES! We know this has been a very confusing and crazy time for every cheer team in America, but it's time to get back to normal! We are here to help you provide a wonderful camp experience for you and your athletes. Below are the camps we are offering this summer. Please contact us with any questions or concerns. We can't wait to see you and your teams this summer. REGISTER TODAY!

### **OVERNIGHT 4-DAY CAMP**

If you want your team to experience a great week of training, team bonding and awards, this is the camp for you. Designed to not only be fun, but to challenge your athletes in every aspect of cheerleading and dance. Our goal is to have every team leave with enough material for the year, totally together as a team and prepared to represent their school in the very best way.

Dates: July 11-14, 2022 (Mon – Thu)

Place: Concord Plaza Hotel (45 John Glenn Drive, Concord, CA 94520) & CG Cheer Gym (2064 Commerce Ave., Concord, CA)

Rooming: Discounted Hotel blocks will be set up at the hotel. Once registered, the coach will receive hotel information and will need to book hotel rooms and assign athletes and their staff to those rooms.

Food: Food will be up to the teams. Across from the hotel are many eateries (Starbucks, Taco Bell, Panda Express, Trader Joes, Noodle Company and pizza. Teams can also have meals delivered or even have parents do something. It's all up to you.

Times: Day 1: 12 noon – 9 pm  
Day 2/3: 9 am – 9 pm  
Day 4: 9 am – 12:00 noon

Cost: \$375 per athlete/ Free per coaches

Registration Deadline: June 11, 2022

Non-Refundable Deposit to hold your spot: Due at registration \$50 per Athlete/Coach

Final Payment in Full: July 1, 2022.

More information sent once registered.

### **PRIVATE CAMP**

(revised 3/17/2022.5 pm PST)

This option is the best for those teams on a budget or with travel limitations. YOU design exactly what you need and want. WE make it happen. These camps can be at your chosen facility or at our facility in Concord, CA.

Costs:

	<b>1 Day (7 hours)</b>	<b>2 Day (14 hours)</b>	<b>3 Day (21 hours)</b>	<b>Additional hours**</b>
At your chosen facility*	\$115 per athlete	\$185 per athlete	\$275 per athlete	\$7 per athlete per hour
At CG Cheer Gym, Concord, CA	\$99 per athlete	\$160 per athlete	\$250 per athlete	\$5 per athlete per hour

\*Camps exceeding a 1-hour drive from the instructor's home will have added costs. Call to discuss.

\*\*This is for teams that want a longer day of training.

The cost of the camp is only for instruction and use of facility if needed. Team transportation, food and possible lodging is up to the coaches to coordinate.

Schedule:

The schedule is completely up to you!!! You tell us what you need. Below is a typical daily schedule and list of classes that we can provide, but if you need something else, we can for sure accommodate you.

<b>TYPICAL DAILY SCHEDULE</b>		<b>POSSIBLE CLASSES</b>
8:30 am – 9:00 am.	Register	Conditioning.
9:00 am – 12:00 pm.	Instruction	Stunt Conditioning.
12:00 pm – 1:00 pm.	Lunch	Jumps.
1:00 pm – 4:30 pm	Instruction	Standing Tumbling.
4:30 pm – 5:00 pm	End of the day	Running Tumbling.
		Dances.
		Cheers/Chants.
		Flexibility.
		Cheer Talk.
		Motion Technique.
		Footwork Technique.
		Crowd leading.

**CLINICS**

Clinics are short sessions (minimum 2 hours and up to 4 hours) of intense instruction. Great for teams that need extra stunting help or working on dances for half times.

Costs

	<b>10 Athletes or below</b>	<b>11 – 15 athletes</b>	<b>16 – 20 athletes</b>	<b>21 athletes or above</b>
At your chosen facility*	\$220 per hour flat fee	\$20 per athlete per hour	\$18 per athlete per hour	\$15 per athlete per hour
At CG Cheer Gym, Concord, CA	\$200 per hour flat fee	\$18 per athlete per hour	\$15 per athlete per hour	\$12 per athlete per hour

\*Clinics exceeding a 1-hour drive from the instructor's home will have added costs. Call to discuss.

How to Register

1. Call Morton at 925-382-8923 to discuss your camp and the dates that are available.
2. Provide your parents the email we send you with the information about the camp.
3. Have your athletes (and/or parents) go online, register and pay for the camp. 1 week before the camp the registration will close. No participant will be allowed to participate without full payment being made at least 1 week prior to the camp.
4. Have your athletes (and/or parents) fill out the online medical and release form. No participant will be allowed to participate with a completed form.

We are excited to have a great camp with you.

Spirit Spectacular Camps  
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