



**Spirit Spectacular Cheer Camp  
at  
CG Cheer Gym**

**Date:** October 10, 2020 (Saturday)

**Times:** 8:30 am – 6:00 pm

**Place:** CG Cheer Gym  
2064 Commerce Ave  
Concord, CA 94520

**Cost:** **\$79 per participant**

**Register:** [www.spiritspec.com/camp20](http://www.spiritspec.com/camp20)

**SCHEDULE**

8:30 am – 9:00 am	Warm Up
9:00 am – 10:00 am	Jumps and Jump Conditioning
10:00 am – 11:00 am	Cheer and Chants
11:00 am – 12:00 pm	Stunt Conditioning and Drills
12:00 pm – 1:00 pm	Dance
1:00 pm – 2:00 pm	Lunch on your own
1:30 pm – 2:00 pm	Cheer Chat
2:00 pm – 3:00 pm	Tumbling
3:00 pm – 4:00 pm	Stunt Conditioning and Drills
4:00 pm – 5:00 pm	Strength and Flexibility
5:00 pm – 5:30 pm	Review
5:30 pm – 6:00 pm	Awards and Camp Ending

**More information:**

- Please fill out the liability, medical and release form on [www.spiritspec.com](http://www.spiritspec.com).
- All participants should be in good health and no signs of any illness or injury.
- We will be following all of the CDC health and safety measures (temperature check, COVID questionnaire, sanitizing and social distancing). Any indicators of illness or refusal to abide by the rules may cause dismissal from the camp.
- Please bring your own filled water bottles, cooling towels, lunch, snacks, back packs and anything else to help you enjoy your day. Nothing will be handed out at the camp.
- Registration closes on September 9, 2020.
- No refunds after September 9, 2020.