

Cheergyms.com
Private Camps and Clinics
2023

PRIVATE CAMPS

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:

	1 Day (7 hours)	2 Day (14 hours)	3 Day (21 hours)	Additional hours**
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.

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

	Below 10 athletes	11 – 15 athletes	16 – 20 athletes	21 or above athletes
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.

For more information, to set up your camp/clinic and questions contact Morton at 925-382-8923 or morton@cheergyms.com.

We are excited to have a great camp with you.

Cheergyms.com Summer Camps
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