

# **DCA Summer Cheer Camps for Recreational Cheer Teams 2017 Schedule & Pricing**

## **Our Mission**

Since we opened in February of 2010 our mission has been to help make the sport of cheerleading safer by providing a safe place, amazing coaching staff and the right curriculum to help cheerleaders from recreational cheer, all-star cheer and high school cheer become the best tumblers they can be! We provide consistent tumbling instruction by certified professional coaches using safe equipment in a gym that is designed with the tumbler in mind. We dedicate 100% of our resources towards tumbling, trampoline and cheer and you won't find coaches with more heart than at DCA!

## **Our Gym**

- 3 spring floors (2 full)- ideal for learning new skills on a safe surface and for repetitions
- 6 trampoline surfaces for gaining confidence with flipping, body control and endurance
- 60 foot tumble trak with resi landing pad-ideal for learning back handsprings to high tucks, layouts and learning to twist, as well as building endurance and strength in doing multiple back handsprings down the track
- 100 foot rod floor- super bouncy tumbling floor great for learning to do back handsprings from floor onto landing mat
- numerous mats and other equipment for setting up drill stations and to learn proper technique

## **Our Program**

DCA's summer cheer camp is your opportunity to get your team on the same page with skills and drills that will project your team ahead of the competition. You get one on one training with your squad and our professional coaches focusing on your squad's stunting needs, drills to ensure proper technique for stunts and jumps, a little taste of what our tumbling classes are like, and all in a safe and fun environment at DCA. Our cheer camps run either 2 day or 4 day or we can customize a camp to fit your needs. Our camps are very reasonably priced and include instruction for your cheerleaders and any coaches you have on the floor, a free t-shirt for every cheerleader and an opportunity to come back in the fall for what we call the \$5 clean up special! Plus we are a local gym so we are close and conveniently located.

## **Summer Schedule**

We run our summer cheer camps all summer long (June 5th - August 19th) and find mornings to be the best time to run these camps. We have evening and weekend options as well and if you need a customized schedule to work with your team's schedules and needs, just let us know and we can work something out. **It is recommend that each team comes in for 2 days in a row, for 2-3 hours each day for best learning and retention. The average cheerleader will pay \$40 for a 2 day, 2 hour a day camp.**

### **Morning Options: Monday - Thursday**

- \* 9am - 11am (or till 12pm for older grades who can handle 3 hours in one day)
- \* Monday - Thursday (pick 2 days in a row)
- \* \$10/hour per girl

### **Evening Options: Monday - Thursday**

- \* 6pm - 8pm (or till 9pm for older grades who can handle 3 hours in one day)
- \* Monday - Thursday nights (pick 2 days in a row)
- \* \$10/hour per girl

### **Weekend Options: Friday, Saturday and Sundays**

- \* Fridays - anytime between 9am - 5:30pm
- \* Saturdays - anytime between 9am - 9pm
- \* Sundays - anytime between 12noon - 6pm
- \* 2-3 hours time slots work best for attention limits for kids but we have done longer days on weekends for older groups if you are pressed for time and can only have 1 super packed day! People are busy. We get that so a 1 day, 4-6 hour camp littered with some breaks and snow cones at the end is an option as well.
- \* \$10/hour per girl

## **How to Register**

Call the office TODAY to talk with our staff and schedule a cheer camp that best fits your needs. Popular weeks fill fast so the sooner you call, the better choices you will have. We have a lot of experience working with cheer teams and over the years have found the following procedure the best way to get every athlete on your team registered for camp. Once we put a date on the calendar, here's what you do:

1. You will receive an email confirmation from our staff outlining the date, times and cost of your camp. Get the word out to your team of your date and the cost.
2. every athlete will need to fill out our registration/waiver form online at [dupagetumbling.com](http://dupagetumbling.com)
3. Collect cash/personal checks written to YOU- the head coach.
4. at least 2 days prior to your camp date, drop off 1 roster of attendees and make one payment for the total amount for your camp. You can either pay by cash, one

personal check written to DuPage Cheer from head coach/school or can make a credit card payment. Sorry, we do not accept personal checks from individuals.

5. Payment is due in FULL before start of camp so if there are any add ons to your camp, they can bring cash the day of the camp.
6. If you have a list of skills you want instructors to teach or any information that would be helpful for coaches to know before they walk on the floor with your team, please drop this off with payment so coaches have time to review your notes and wants.
7. If your original number changes significantly from what the confirmation email outlines, please call the office ASAP so we can adjust the staff. It is important for us to have the proper coach to athlete ratio for safety so the sooner we know of your additions/deletions from your camp the better prepared we are.

### **§5 FALL STUNTING CLEAN UP SPECIAL!!!!**

If your recreational team signs up for a summer stunting camp, your group can come back in the fall for a “clean up” clinic for only \$5 a girl! These clinics are usually held on Saturday afternoons or Sundays from September - end of November. The Fall Clean Up Clinic is 1.5 - 2 hours and includes DCA staff to help with your routine and full floor space for routine work.

**Remember- if you don't see a format that will fit with your team's needs, CALL US and we will see what we can do for you.**

**These summer camps really are so helpful and we love working with our community recreational teams to teach proper technique to help make the sport of cheerleading safer so THANK YOU for considering DCA's Summer Cheer Camps!**

**DuPage Cheer & Power Tumbling (home of DCA)  
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