

KFL CHEER CAMP

DATE: THURSDAY, JULY 29TH

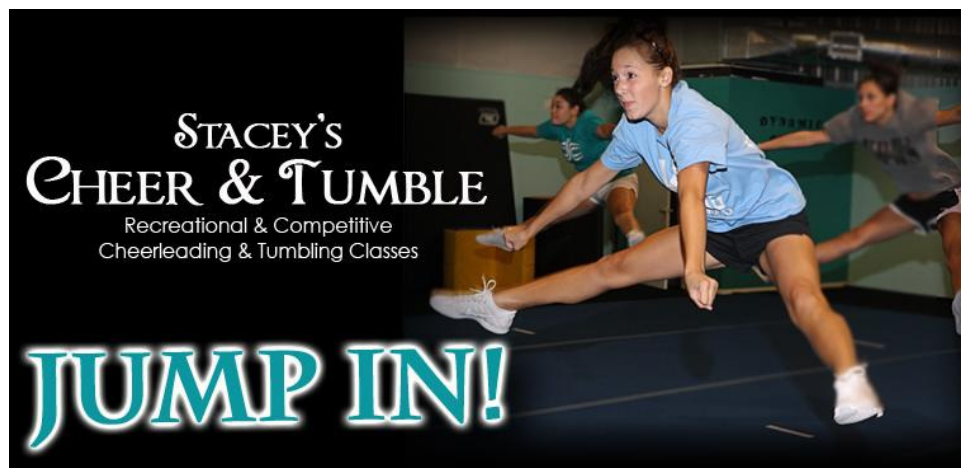
TIME: 3:00—5:00 PM

KFL Cheer Camp will consist of teaching the girls the basic skills and technique they will need when beginning cheerleading. We will work on motions and their proper technique. We will also work on jumps.

Motions: By the time your daughter finishes the camp, she will know all of the motions, their placement and names. She will know where to properly hold her arms and how tight they need to be when completing each motion. She will also learn some cheers and chants to further their motion technique.

Jumps: Your daughter will learn the basic jumps i.e. toe touch, hurkeys, pikes and hurdlers. She will learn two ways to prep into a jump. She will be conditioned and stretched to be able to get her jumps as high as they can and further their flexibility.

At the end of camp, your daughter will receive a DVD to take home that contains all the KFL cheers so she may practice whenever her schedule allows.



Kingwood Football League

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Stacey's Cheer and Tumble
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(behind Showcase Carpets)