

Is Your Squad Camp Ready?

CheerLeadership Camp is an incredible experience for your team. It is the preeminent opportunity to bring them together as a unit, set goals, be motivated for the season ahead and learn about themselves and each other. The skills they develop and memories they make will shape their experience for the entire year ahead. But in order for your squad to truly get everything they can from camp, you need to ask your squad: Are they camp ready? Are they prepared for 4+ days of hard, physical work? Are they physically conditioned for the goals you have set for them? Do they have the stamina and endurance to be successful and **safe** in every single aspect of cheerleading?

We encourage you to give your athletes the *Are You Camp Ready?* challenge: Your athletes should be prepared to complete **5-10-15-20**:

5 burpees, **10** min (or under) mile, **15** push-ups and **20** sit-ups

A well conditioned athlete will achieve goals during camp, while an athlete who is out-of-shape will miss out on opportunities. Make sure your spring and summer practices include proper conditioning and stretching. Make sure your squad is camp ready.



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Mascot Training at Session I

As always, a quick reminder that Mascot training is available at CheerLeadership Camp Session I, July 16-20. If you are looking to up your game, both on the sidelines and in your community, with a mascot that truly embodies all the spirit and culture of your school, they need to attend mascot training at Cheer I. Even if your squad is attending Session 2, your mascot is more than welcome at Session 1, where they will learn all the skills they need to be an incredible asset to your school throughout the year. Unaccompanied mascots will be adopted by other squads at Cheer I for those times when mascots need to participate in team activities.

CheerLeadership Camp Rules and Expectations

CheerLeadership Camp is a great opportunity for your students to gain critical skills that will serve them not only as cheerleaders at games, but as leaders in their school and community. For some, this is their first experience living on an open college campus and pushing themselves to their physical limits. In order to ensure the safety of all of our CheerLeadership Camp delegates, and to

respect the community in which we hold camp, we have some camp rules and expectations that all our delegates need to follow:

Be respectful of others using the Central Washington University Campus –

- There are areas on campus deemed “no cheer zones.” Please refrain from cheering to or from the dorms, dining hall, and gym as there are summer classes and other user groups that many not appreciate our energy and spirit.
- Never cheer in the dining hall or SURC.
- **Do** cheer only up at the gym, field house, field space around the gym, or on Barto lawn.
- Please leave water bottles in the foyer of Nicholson gym – do not bring into the gym itself.
- Teams are representing their school, community and our program – and we count on you to be the best representative possible this week.

Name tags are your ticket to meals and proof they belong to our camp – wear them in the dining hall.

Cheerleaders are expected to go to all meals. This is a very physical week and your body will need the fuel to be successful. Also:

- ✓ Drink lots of water or Gatorade
- ✓ Wear sunscreen
- ✓ Take care of yourself . . . take care of your team mates!

Safety is important!

- Visitors are allowed only at drop-off on Monday, during Monday Night Live, and at pick-up on Friday. Visitors are not allowed in the dorms or dorm area. Delegates should meet Monday Night Live guests at the gym/track area and say good-bye there. Advisers must notify the Camp Director of any other visitors, and those visitors must first check in with the Camp Director upon arrival.
- Teams should travel in groups, never alone.
- If a cheerleader must return to their dorm during an NCA or Leadership activity, they must be accompanied by a leadership staffer.
- Main doors to the dorms should never be left propped open so just anyone could walk in – for everyone’s safety.
- Curtains to rooms should be closed when changing clothing – even top floors are easily viewed when it is dark. *Security and staff will be roaming and may ask you to close your curtains.*
- Always check to make sure your dorm rooms and windows are locked before you leave classes or meals.
- Be careful going from the gym to the dorms – watch for traffic, skateboarders and bicyclists.
- Camp boundaries are the CWU campus – dorm area we are being housed/dining hall/SURC/Gym and surrounding fields.

- Once cheerleaders arrive at camp, they are only allowed to leave campus after being signed out by their parent or guardian with the camp directors or in an emergency situation to receive medical care under the supervision of leadership staff.
- No drugs or alcohol.

After evening dismissal, all teams are to go directly to their dorms each night. Cheerleaders are **not allowed** to visit other dorms, go to their coaches' dorms or wander around once we leave the gym/track area at the end of the evening. The NCA Spirit Shop is not open after evening dismissal.

Delegates violating any camp rules may be subject to immediate dismissal from camp, without refund, at the discretion of the camp director. Parents will be called to pick up any students dismissed from camp for rules violations.

Sick or Injured Delegates

- Sick or injured delegates are escorted by our leadership staff to either the camp health tech or training room. We ask that they see their assigned leadership staff to escort them and cannot arrive by themselves to the trainer or health tech.
- Sick or injured cheerleaders are not allowed to remain in their dorm rooms. Should a cheerleader need to take time out to rest, they will be given the opportunity to rest from the bleachers or in the training room during class hours. Coaches and parents are contacted whenever a cheerleader is sick or injured. School rules apply – if someone has a fever (100+), unknown rash, vomiting, or is unable to participate due to injury parents will be called to pick up the student to allow them to recover under the supervision of their family physician in the comfort of their own home.

Registration Reminders:

Just a quick reminder that your coach/delegate registration packet mailing deadline is June 15th. If you already know how many squad members will be coming, please get your purchase orders and send us your school reservation if you have not already done so.

Before sending in your delegate packets, please make sure that for every delegate, both forms have **EVERY signature** on them. The NCA form needs a signature at every large **X**, and the AWSL registration requires two signatures, the delegate's and their parent/guardian's, and your initials at the bottom. Complimentary camp t-shirts are only available to squads who send in their packet of complete registrations by June 15th. Plus, we want to be able to register all your delegates for camp!

We are all looking forward to seeing you and your squads at CheerLeadership Camp this summer, and hope that your tryouts and end-of-school-year routine are going well.

As always, if you have any questions, comments or concerns, please contact us at any time – we are here to get you and your squad to camp this summer.