

Who can attend?

Anyone interested in trying out for LRHS Cheerleading, INCLUDING INCOMING FRESHMEN!

Facilities that are the safest in the industry

The newly renovated and all air-conditioned Fetzer Gym hosts this summer's spirit Xpress Camps at UNC. All instruction takes place indoors in this facility designed for cheerleading and gymnastics training. No more sunburn, bug bites or heat exhaustion!

Be Trained by the Best...

The Spirit Xpress staff are selected and trained by the industry leaders in cheer safety and creativity. All staff members are ~~AACCA~~ ACCA certified and bring a wealth of experience from many different styles and backgrounds. Spirit Xpress staff will help you stay up-to-date on cutting edge skills, safety rules and techniques in this ever-changing sport! The Spirit Xpress Staff is selected from top collegiate squads and some of the country's most competitive all-star programs. Every staff member completes comprehensive instructor training which emphasizes safety as well as mastery of the Spirit Xpress teaching method. As an added bonus to our residential campers, our full-time staff is on hand to help lead sessions at these flagship camps. Come learn cutting edge cheerleading from the industry leaders first hand!

What Can You Expect

- 5 full training sessions at residential camps
- New and innovative curriculum and stunt choreography
- Personal attention - Low staff to student ratio. (Residential camps 12:1)
- Multiple ability levels for learning stunts, pyramids AND tumbling
- 100 % of our staff is ~~AACCA~~ ACCA certified
- Air conditioned residence halls and training facilities
- Matted surfaces for stunting classes
- Certified athletic trainers on sight at residential camps
- Focuses on the skill elements of cheerleading training:
 - ✓ Stunts
 - ✓ Tumbling
 - ✓ basket tosses
 - ✓ pyramids
 - ✓ jumps
 - ✓ motion technique

CAMP REGISTRATION FORM

Individual Name: _____

Age (as of July 23, 2010): _____

Address:

Daytime Phone: _____

Evening Phone: _____

Cell Phone: _____

Email Address: _____

Check Number: _____ Name on Check: _____

- **Checks are to be made payable to LRHS Football Families and must be received by Coach Reathaford no later than July 1, 2010.**
- **Payment and necessary forms should be dropped off at the LRHS Main Office – Attention Shelly Reathaford.**