

COME JOIN THE FUN!!

Come and discover a uniquely wonderful place where the fun never stops and cheerleaders make memories together. Nestled among 35 beautifully scenic acres, your cheerleader will have a fun and exciting weekend of cheer and dance.



Your camp experience will include intense, personalized instruction in safety, cheer, stunts, tumbling, and dance. Enjoy air conditioned cabins, matted stunting area, and spring floor tumble track. In your free time, swim in the pool or roast smores with Yogi Bear.

Camp limited to 50 participants!

Midwest Cheer and Dance



2010



Place:

Jellystone Park Eureka, MO

Date:

July 9th, 10th and 11th, 2010

Ages:

5-18 years old

Midwest Cheer and Dance

To register for camp visit
www.midwestcheeranddance.com
or call Kim at 618-530-7948

CAMP INFORMATION



Package 1

\$250.00 Resident participant
\$150.00 Commuter participant
\$100.00 Coaches

Includes:

2 Nights accommodations
Meals
Camp Tshirt
All classes

Package 2

\$350.00 Resident participant
\$250.00 Commuter participant
\$100.00 Coaches

Includes:

3 Nights accommodations
Meals
Camp Tshirt
All classes
Six Flags St Louis Ticket
Six Flags Meal Voucher

Accommodations

Cheerleaders will bunk in cabins. Each cabin will have 5 or 6 Cheerleaders and one chaperone. Each cabin is air-conditioned and has a refrigerator. Restrooms and showers are located near the cabin. Cheerleaders will need to provide their own sleeping bags, linens, and towels.

Meals

Cheerleaders will be provided with 2 breakfasts, 2 lunches, 2 dinners, and a pizza party. Cheerleaders may bring additional snacks and drinks to camp.

Activity Schedule

Tentative schedule may be viewed on www.midwestcheeranddance.com

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For more information on
Jellystone Park visit:
www.eurekajellystone.com

Meet the Instructors

NCSSE Certification: Katie Baker (IL)

15 years in the Cheer and Dance industry
State Director and Safety Certifier for NCSSE
Co-authored the new NCSSE Dance Fundamentals Cert Courses
Certifies cheer and dance coaches all over the US and UK
USASF Level 5 & Safety Certified
Dance Master certified in Jazz and Aerobics
NCSSE, AACCA, USTA, and USAG Safety Certifications
Teaches at Robinson High School & KCL All Stars

Tumbling: Jimmy Johnson (NJ)

National competitive gymnast for 22 years
Ohio State University Cheerleader
Coaches All-Star, High School & College cheerleading for over 8 years
Lakewood Gym Manager
World Cup All Stars Gym Manager
World Cup Tumbling Coach
Professional choreographer & consultant for Power Consulta

Stunts: Brian Norfleet (TN)

Middle Tennessee State University Cheerleader 1999 – 2001
UCA College Nationals competitor 2000 & 2001
Employed by Athletic Championships

Strength Training: Val Coolbaugh (IL)

Valerie attended SIUE and obtained a degree in Kinesiology
Teaches at Zion Lutheran School in Staunton IL
Professional Mixed Martial Arts fighter competing all over the country
Coached Rec League cheerleading for the past 10 years

Motions, Jumps, Chants: Kyle Gadke (MO)

Missouri Valley College Head Coach
Platinum Athletics All Level Cheerleading Coach
USASF World competitor 2008-2009-2010
Lindenwood University Cheerleader
Owner of Midwest Cheer FX
Coaching cheer and tumbling for 8 years

Hip Hop: Richie “Tiger” Woods (MO)

Master of Bboying, Popping, Locking, Waving, Housing, and Free-styling
Top Four Freestyle at Monsters of Hip Hop Chicago 2008
Best Freestyle at Monsters of Hip Hop Orlando 2008
Ashley Liane Dance Company
Instructor St Louis Academy of Dance
Instructor Technique Studios
Instructor Dance Plus
Instructor MCDA Hip Hop

Dance Technique: Megan Lawrence (IL)

13 years technical dancer: Ballet, Jazz, Modern & Contemporary
4 years High School Pom Dancer
2 years technical and pom instructor