

## 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:**  
Summer 2011

**Ages:**  
5-18 years old

**Midwest Cheer and Dance**

To register for camp visit  
[www.midwestcheeranddance.com](http://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](http://www.midwestcheeranddance.com)

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For more information on  
Jellystone Park visit:  
[www.eurekajellystone.com](http://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:

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