

# CSH Cheerleading

## Camp

### About our camp

Campers will learn through instructional classes in sideline cheers, jumps, dances and stunting.

Emphasis will be placed on stretching, cardiovascular training, muscular endurance, stamina, voice control and cheer execution.



### Camp Information:

Date: August 8th-12th

Time: 5pm-8pm

Grades: 2nd-12th

Any questions or concerns,  
please contact Steve Forbes at  
sforbes@csh.k12.ny.us

**Register today at**

**[www.SeahawksSportsCamps.com](http://www.SeahawksSportsCamps.com)**