

# WEST COAST MAVERICKS

## 3 DAY SUMMER CAMP

June 25th-27th

9:30am-2:30pm

Team Member            \$125  
Non Team Member      \$135

Camp fee includes:

- \*Safe environment
- \*Camp T-shirt
- \*Lunch for each day
- \*High Level of instruction
- \*20% off 2nd and 3rd summer camps

### Day 1

9:30-10:00	Warmup	(Cheer Aerobics)
10:00-10:30	Jumps	(Technique)
10:30-11:30	Stunting	(With Staff)
11:30-12:15	Lunch	(Subway)
12:15-12:30	Warm-up	
12:30-1:30	Stunting	(Baskets Tosses)
1:30-2:20	Tumbling	(Standing)
2:20-2:30	Closing	

### Day 2

9:30-10:00	Warm-up	(Cheer Aerobics)
10:00-11:00	Tumbling	(Running)
11:00-11:30	Jumps	(Combos)
11:30-12:15	Lunch	(Pizza)
12:15-12:30	Warm-up	
12:30-1:30	Dance	(Hip Hop)
1:30-2:20	Tumbling	(Tumble Trak)
2:20-2:30	Closing	

### Day 3

9:30-10:00	Warm-up	(Cheer Aerobics)
10:00-10:45	Stunting	(Group)
10:45-11:30	Dance	(Review)
11:30-12:15	Lunch	(Pat and Oscars)
12:15-12:30	Warm-up	
12:30-1:30	Tumbling	(Option)
1:30-2:15	Dance	(Dance off)
2:15-2:30	Closing	

Summer Camp  
Registration Form

Participant name \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Phone number \_\_\_\_\_

*Emergency contact information*

Parent name \_\_\_\_\_

Parent phone \_\_\_\_\_

Insurance carrier \_\_\_\_\_

Policy/Card # \_\_\_\_\_

*Lunch Menu*

Subway Turkey \_\_\_\_\_ Vegetarian \_\_\_\_\_

Special \_\_\_\_\_  
Please explain

Pizza Cheese \_\_\_\_\_ Pepperoni \_\_\_\_\_

I don't eat pizza \_\_\_\_\_

Pat and Oscars Pasta with cheese sauce \_\_\_\_\_

Pasta with meat sauce \_\_\_\_\_

Breadsticks and salad included.

T-shirt size           YS           YM           YL

Circle one           AS           AM           AL           XL

Please turn form into office with payment or mail to:

*West Coast Mavericks*  
*702 Broadway*  
*El Cajon Ca, 92020*