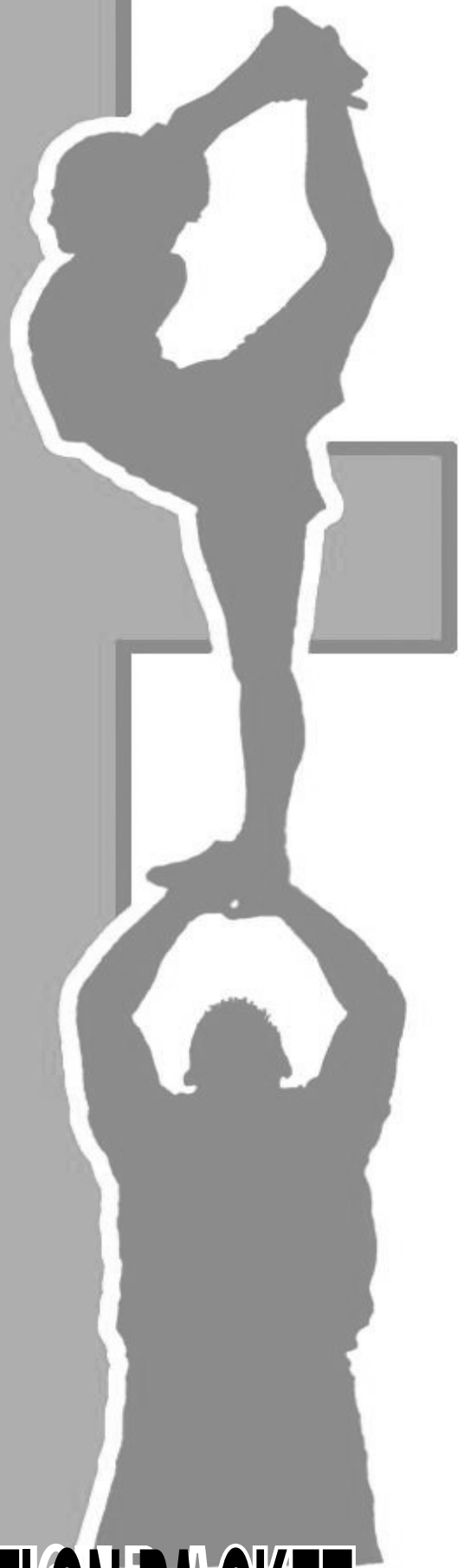


CCA
SUMMER
CAMP
2009

cheercca



CCA CAMP REGISTRATION PACKET

CCA SUMMER CAMP DATES, PRICES & LOCATIONS

CCA RESIDENTIAL & COMMUTER SUMMER CAMP LOCATIONS FOR 2009

All resident camps include camp, accommodations and meals. Commuter camps are offered without accommodations, but with special recommended hotel lists of close by hotels with great rates, commuter camps also include lunch and dinner. One FREE coach with team of 6 or more! Xtra coach/chaperone fees apply as listed below. Registration fees apply. See next page for details.

<u>CCA Summer Camp Location</u>	<u>Camp Dates</u>	<u>Camp Type</u>	<u>Prices</u>	<u>Balance Due</u>
FL - Lake Wales - Warner University	June 16 - 19	Residential / Commuter	Resident Camper \$239 Resident Xtra Coach \$139 Commuter Camper \$175 Commuter Xtra Coach \$99	June 1
IN - Indianapolis - Baptist Academy	June 23 - 26	Commuter	Commuter Camper \$179 Commuter Xtra Coach \$99	June 8
TN - Chattanooga - Camp Jordan Arena	July 7 - 10	Commuter	Commuter Camper \$210 Commuter Xtra Coach \$99	June 22
TX - Waxahachie - Southwestern Assemblies of God University (SAGU)	July 13 - 16	Residential / Commuter	Resident Camper \$235 Resident Xtra Coach \$175 Commuter Camper \$210 Commuter Xtra Coach \$99	June 29
NC - Winston Salem - Benton Conv. Ctr.	July 21 - 24	Commuter	Commuter Camper \$199 Commuter Xtra Coach \$99	July 6
LA - Baker - Bethany Christian School	July 28 - 31	Commuter	Commuter Camper \$189 Commuter Xtra Coach \$99	July 13
CA - Walnut Creek Area/ location TBA	Aug 4 - 7	Commuter	Commuter Camper \$179 Commuter Xtra Coach \$99	July 20
HI - Ewa Beach - TBA	Aug 28 - 29	Commuter	Commuter Camper \$75	Aug 14

PLEASE NOTE: CCA reserves the right to require a fuel surcharge of \$5 per camper/coach/chaperone if the national average gas price exceeds \$3.00.

CCA PRIVATE SUMMER CAMP DATES FOR 2009

If the DATES or LOCATIONS of the RESIDENT or COMMUTER CAMPS don't work for you, consider a CCA PRIVATE CAMP! Same material, devotions, handouts, instruction! Please call to ask about available dates in your area!

JUNE Private Camp Dates

June 19 - 20 (2-day camp only) - Southeast Only
June 22 - 24 - East Coast & Deep South
June 25 - 27 - East Coast & Deep South
June 29 - July 1 - East Coast & Deep South
(call about other locations)

JULY Private Camp Dates

July 16 - 18 - East Coast* & Deep South Only
July 24 - 25 (2-day camp only) - East Coast
July 27 - 29 - Nationwide
July 30 - August 1 - Nationwide
(call about other locations)
*some additional transportation cost may apply.

AUGUST Private Camp Dates

August 3 - 5 - Nationwide
August 6 - 8 - Nationwide
August 10 - 12 - Nationwide
August 13 - 15 - Nationwide
(call about other locations)

CCA offers both 2 and 3-day private camps. Pricing for a 2-day private camp is \$99 per camper with for a minimum of 15 campers (you pay for 15 if you have less). The cost for a 3-day private camp is \$105 per camper for a minimum of 12 campers (you pay for 12 if you have less). COACHES COME FREE!. Host is responsible to provide lodging and food. Some travel expenses may apply. If the national average gas price before camp is between \$2.00 - \$2.99 there will be a fuel surcharge added for each camper and coach of \$5.00. If the national average is between \$3.00 - \$3.99 then a \$8.00 fuel surcharge will be added per camper and coach. If the national average is \$4.00 or more than a \$10.00 fuel surcharge will be added per camper and coach. Please review the enclosed "Private Camp Confirmation & Contract" to obtain details.

OK.... We've decided that we're coming to camp...NOW WHAT???

Keep reading, details are on the next page! This document will provide you with invaluable information about CCA Summer Camps!!! It's as easy as 1, 2, 3...

Step 1 - You can...call (877.cheercca) to *register, you can fax your Registration Form to us at (703) 579.8812, or you can register online at www.cheercca.com

* Registration fees apply.

Step 2 - Complete Forms and Mail w/ Deposit (pay individual deposits as soon as you have tryouts)

See next page for details.

Step 3 - Pay Invoice (two weeks prior to camp - due date indicated on invoice) & HEAD TO CAMP!!!

CCA Summer Camp Registration Information

STEP 1 - REGISTER for CAMP

If you have received this packet you have probably already registered, if so go to STEP 2. If you haven't registered yet then you can register one of three ways! You can register online at www.cheercca.com, you can fax your completed registration form to us at (703)579.8812, or you can call us **TODAY** at 877.cheercca (877.243.3722) to register your team for 2009 summer camp! There is a one-time per team registration fee. Remember that you don't have commit to or know your squad numbers to be able to register. This registration fee is **non-refundable and non-transferable**. Please note that your registration fee is NOT deducted from the individual cost of camp and is in addition to camp fees.

REGISTER BEFORE APRIL 15, 2009 (EARLY BIRD SPECIAL)-----ONLY \$75 PER TEAM
REGISTER BETWEEN APRIL 16, 2009 & MAY 15, 2009 ----- \$85 PER TEAM
REGISTER AFTER MAY 15, 2009 ----- \$100 PER TEAM

DON'T DELAY TAKE ADVANTAGE OF THE EARLY BIRD SPECIAL TODAY AND SAVE!!!

STEP 2 - PAY CAMP DEPOSIT & COMPLETE FORMS

A camp deposit is due by May 15th or as soon as you have tryouts and know your squad numbers. Remember to give us the numbers that you are SURE about, we can add to these numbers as we go. It is more difficult and costly to give us numbers and take away from these numbers. NOTE: If you cannot meet one of these deadlines due to tryouts, etc., please call to make other arrangements.

A \$100.00 deposit per camper is due for RESIDENTIAL and COMMUTER camps----- MAY 15, 2009

A \$50.00 deposit per camper is due for PRIVATE camps ----- MAY 15, 2009

This deposit will be deducted from the total amount you owe. It is non-refundable and non-transferable. A deposit should be sent for EVERYONE including chaperones and/or parents except for the FREE coach. This deposit is due for private camps also. Please send one check for the entire team, not individual checks. Do NOT take discounts from this payment. Discount certificates must be sent in with deposits in order to be honored. Any discounts will be listed on your invoice and will be deducted from the final payment. Deposits are non-refundable and non-transferable.

COMPLETE "CAMP CONFIRMATION" FORM or PRIVATE CAMP CONFIRMATION

RESIDENTIAL / COMMUTER CAMPS:

The "Camp Confirmation" form is included in this registration packet and provides us with team information such as number of campers, divisions and stunt levels. This form is to be completed for resident / commuter campers ONLY-----MAY 15, 2009

PRIVATE CAMPS:

The "Private Camp Confirmation & Contract" form is also included in this registration packet. This form should be completed for PRIVATE camps ONLY. Private camps have different pricing, accommodations, and policies than residential/commuter camps. Please read the information on this document very carefully. This form should be completed and sent to us by -----MAY 15, 2009

* Remember to give us the numbers that you are SURE about; we can add to these numbers. Numbers need to be confirmed three weeks prior to camp so that your balance is paid based on your actual numbers.

COMPLETE "TEAM ROSTER" FORM

The "Team Roster" form is included in this registration packet. Please include one per team. This is the form that asks for everyone's name, home address, and year of graduation/grade. This form should be completed and mailed or faxed to us by-----MAY 15, 2009

COMPLETE "TEAM RESULTS" FORM

The "Team Results" form is included in this registration packet. This is the form that asks for everyone's name and requires an asterisk by the Capt & Co-Capt, if already chosen. It contains a chart that the CCA staff will use each day for your "No Pressure Evaluation" (NPE) and recording of ribbons. This form should be completed and sent to us by -----MAY 15, 2009

COMPLETE "CCA MUSIC, MOVES, & DRESS" FORM

The "Music, Moves, & Dress Policy" form, referred to as the MMD form, is included in this registration packet. Coaches should read and sign this form and then mail or fax this form to us with the other camp registration forms. This form is used for dress at camps, as no music is allowed for evaluation performances other than CCA music routines taught at camp. This form is due to us by-----MAY 15, 2009

COMPLETE "MEDICAL TREATMENT/LIABILITY RELEASE" FORM

The "Medical Treatment/Liability Release" form is included in this registration packet. EVERYONE, including coaches and all chaperones must have one. DO NOT MAIL AHEAD! Make a copy of all completed forms. Bring the copy of the completed Medical Release form to "ON-SITE" check-in at our camp location. NO PARTICIPATION of any kind will be allowed without these signed forms.-----ON-SITE CHECK-IN at CAMP

STEP 3 - PAY INVOICE & HEAD TO CAMP!

When we receive all of the information above, we will send you a FINAL CAMP INVOICE. THE BALANCE OF CAMP FEES AS OUTLINED IN YOUR INVOICE IS DUE TWO WEEKS PRIOR TO FIRST DAY OF YOUR CAMP! DISCOUNTS ARE TAKEN WITH THIS PAYMENT ONLY! IMPORTANT NOTE: A \$10.00 per camper fee will be added to all final camp fees not received 2 weeks prior to first day of camp! NO EXCEPTIONS! This also includes PRIVATE CAMPS.

All dates, on the next page, refer to the dates money is due to arrive at the CCA Office. *If you have a problem meeting deadlines due to tryouts, fundraising, etc, please call the office at 1.877.cheercca (877.243.3722) to let us know and to arrange a payment plan. Checks should be mailed to: CCA Summer Camp - PO Box 49 - Bethania, NC 27010-0049
Overnight address is: CCA - 416 West King St, King, NC 27021

REGISTER TODAY!!!!

2009 CCA SUMMER CAMP DAILY SCHEDULE (tentative)

TIMES	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
7:30 AM	On-Site Check-In / Move-In (resident camps) (Lunch is on your own)	Breakfast	Breakfast	Breakfast
8:30 AM		Morning Devotions	Morning Devotions	Morning Devotions
9:30 AM		WORK SESSION includes	WORK SESSION includes	Warm Up and Practice
thru		Cheer/Stunt Class	Cheer/Stunt Class	PI Time/Final Eval
11:00 AM	COACH'S ORIENTATION	Coaching Workshops (while your team learns cheers)	Coaching Workshops (while your team learns cheers)	Final Competition
11:15 AM	OPENING SESSION	Lunch/Team Practice	Lunch/Team Practice	* 11:00 AM - Competition
12:30 PM		Captains' Corner	Captains' Corner	* 1:00 pm Dismissal
1:15 PM		WORK SESSION: Coaching Workshops	WORK SESSION: Pyramid/Transitions Coaching Workshops	* Times are approximate *
2:15 PM		Optional Classes P I Time Pre-Evaluation	Optional Classes P I Time Pre-Evaluation	
5:00 PM	Coach's Prayer Time	Coach's Prayer Time	Coach's Prayer Time	
5:30 PM	Supper/Team Practice	Supper/Team Practice	Supper/Team Practice	
7:00 PM	No Pressure Evaluation	No Pressure Evaluation	No Pressure Evaluation	
7:30 PM	SPIRIT SKIT Evening Camp Service	SPIRIT SKIT Evening Camp Service	SPIRIT SKIT Evening Camp Service	
10:00 PM	Team Time	Team Time	Team Time	
11:30 PM	In Rooms	In Rooms	In Rooms	
12:00 Mid	Lights Out	Lights Out	Lights Out	

**DAILY "NO PRESSURE EVALUATION" REQUIREMENTS

DAY ONE: CCA Sideline with incorporated stunt progression

DAY TWO: CCA Cheer, Incorporated Jump & Stunt

DAY THREE: CCA Cheer, CCA Sideline, Transition & Stunt or Tumbling

DAY FOUR: CCA Cheer or CCA music routine from 09 camp, Home Cheer (or other CCA Cheer) NOTE: NO music allowed for Home Cheer

CCA Sideline (all incorps allowed)

FINAL COMPETITION: Same as DAY FOUR



CHRISTIAN CHEERLEADERS OF AMERICA

PO BOX 49

BETHANIA, NC 27010-0049

1-877-CHEERCCA

Since 1987 We've Been

"Building PEOPLE Before Pyramids"



PRIVATE CAMPS

THREE DAY

M, T, W: 9-6, 9-6, 9-12

Th, F, S: 1-9, 9-6, 9-1

TWO DAY

GETTING READY TO GO!

We want you to be prepared and know what to expect at Cheer Camp. **Read these “Getting Ready to Go” pages carefully and completely.** Many teams tell us that they **wish they had known this information before** they went to other camps and they are so glad that we provide it! This information will help you **feel comfortable and prepared** for the camp experience and allow your team to **maximize** this experience!

PI Time

What is it? “P” stands for **PERSONAL** and “I” stands for **INSTRUCTOR**. This literally means that one of the camp instructors will be specifically assigned to **YOUR** team each day. This feature is unique to CCA Camp. Other camps have what is known as “private coaching” in which instructors walk around from one team to the other and help out. Your PI stays *exclusively* with your team during your assigned PI time and even checks with you during the other parts of the day to be sure you are taken care of. This is extremely beneficial for beginner teams to help them gain confidence and limit intimidation. It also means that more experienced and elite teams are not held back in their advancement because of beginner teams. Specialized instruction for all groups!

What do they do? Our PI's help you put your *daily “no pressure evaluation”* together and works with your team at their own level in stunting, jumps, tumbling, transitions to take them to the highest level possible and encourage them to give 100%. The **PI** attempts to get to know your team in order to learn your strengths, weaknesses and capabilities. Truly **“one-on-one” personal instruction. Better benefits than if you had a private camp!**

How can I benefit the most? For maximum benefit, coaches and captains should have the evaluation material planned before they get to PI time. During the day while the team is learning, the captain should keep evaluation in mind and notice which cheers and sidelines the team seems to know best and consider using those for evaluation. (Please notice the **AWARDS** page as well as the schedule page to see what is required each day in the “No Pressure Evaluation”). PI time is best used for **perfecting vs learning**. If you *need* to learn, the PI *will* help you, but it is best to use that time for perfecting, even if it means using a less complicated cheer or sideline for evaluation. It is a good idea to *use material for one day's eval that you learned the previous day* so you have plenty of practice time and do not have to use PI time for that especially if your team is new and needs more help with the learning process. Your PI will always specialize the training to your team's specific learning skills and needs.

NPE

“No Pressure Evaluation” and that's exactly what it is! Evaluation is just a “grading” time for what you have learned to that point. **YOU ARE NEVER JUDGED AGAINST ANY OTHER TEAM...ONLY AGAINST YOUR OWN BEST!** The PI will help and watch you all during PI time. On each day (except just before the Final Competition), you will have **PRE-EVALUATION** which will mean a time to do all of the material as a “practice” for evaluation. After the actual evaluation takes place you will be given ribbon awards for *your own performance against your own self*. In addition to **GOOD, EXCELLENT** and **SUPERIOR** team ribbons, other ribbons may be also given for categories such as **JUMPS, STUNTS, TUMBLING, MOTIONS, SPOTTING** and **110%**. These ribbons may be given to the team and sometimes to individuals. You will be given an opportunity to perform the evaluation material up to three times if needed and will be graded on your best performance. Remember that no home music can be used for routines.

Accommodations, Meals, Hours

For the most part, this information is provided in the Directions Section of this packet for each individual camp along with the directions and map locations. Here is additional information or clarification as needed.

FOUR DAY RESIDENT CAMPS: Campers, Coaches, and Chaperones are housed on-campus in university dorms. You will receive a list of your rooms and your keys at on-site camp check in. A \$25 lost key fee is collected by the college for any lost keys. You can make your own rooming lists. Eight meals are provided, beginning with supper on the first day (usually Tuesday) and ending with breakfast on the last day (usually Friday). You are on your own for lunch on the first day. There is a **required Coach's Meeting at 11:15 am** which *will not end in time for you to take your team to lunch after the meeting* and get back in time for the starting of camp. We would suggest that you arrive early for registration and check in and then leave for lunch early and bring lunch back for your team to eat while you are in the Coach's Meeting. Coaches can bring their own lunch and eat in the meeting or eat before or after. Otherwise, you could send another chaperone out with your group during the 11:15 - 12:00 time period for lunch. Everyone should be back and in the gym ready for the start of camp by 12:15 pm. **You do not want to miss the opening camp demo and excitement!**

FOUR DAY COMMUTER CAMPS: Commuter camp pricing **does not include lodging**. A hotel list of local area hotels will be available for you. Commuter camps include lunch and dinner.

PRIVATE CAMPS: The enclosed **PRIVATE CAMP CONFIRMATION FORM** will show the camp hours that we have designated for your particular private camp. Generally camp hours for Mon-Wed private camps are 9-6, 9-6, and 9-12. For Thursday, Friday, Saturday camps, hours are 1-9, 9-6 and 9-1. If the hours we have listed do not work for you, please give us a call. Our designated hours are to allow for staff travel from one location to another from Wed noon until Thursday am. For private camps, all staff meals must be provided from the time of arrival to the time of departure. This does NOT have to be a designated amount of meal allowance. It can be eating with host families or your team as is appropriate. Accommodations must also be provided for staff as outlined in the **Private Camp Confirmation Packet**. Occasionally airport pick up & return may also be required.

GETTING READY TO GO!

WHAT TO BRING

Create a "packing list" for your team to be sure they don't forget anything. Commonly forgotten items are soap, bedding, towels and medicine as well as cheerleading accessories such as campwear, uniforms, poms, signs, megaphones. You should put camper's name on EVERYTHING. **PLEASE NOTE THAT YOU WILL NEED TO BRING BED AND BATH LINEN FOR ALL DORM ROOMS.** Check other specific needs by camp in the directions/maps section. Be sure you have a Bible and pen and pencils on everyone's list as the most important items to bring. Check the specifics in the directions section for any special situation for your particular camp!

Every day should be **SPIRIT DAY** at camp. You may bring items to help you create spirit and show your team's spirit. (Everything counts every day and for the week towards the daily "Spirit Spout" Award and the weekly Spirit Award... see Awards section later for detailed information) One afternoon at camp we have a huge SPIRITMANIA, which is the special way that CCA puts on a Pep Rally. We do this to give you ideas to use back home, to show the campers how its done, to have a great fun break in the camp day and to emphasize the real purpose of cheerleaders and cheerleading. This is the time when we want you to go WILD with SPIRIT! Signs, streamers, etc. **Almost anything goes EXCEPT silly string, sidewalk chalk, and loose glitter! All of those are strictly prohibited at camp!** We also ask that you are careful not to damage or deface our host campus with tape on painted walls and glass and that you do not inhibit the safety of your team or other campers by props that would interfere with cheering and stunting safety. Please be especially careful with markers bleeding through on carpets and floors! Signs and other creative spirit ideas are welcomed and encouraged. They provide ideas for other teams to take back home, however we need to be careful of other people's property. You will be responsible for any damage incurred.

SAFETY GUIDELINES AND RULES

Please order and review the **NATIONAL FEDERATION SAFETY SPIRIT RULES** (Call 1-800-776-3462) for use at camp and all year. For All Stars we adhere to USASF rules (see USASF website), for College follow AACCA/CCA rules (see AACCA website). In addition to the items listed, please also remember the following **"most violated" rules** that are often problems at camp:

-NO JEWELRY.. This means **NONE**. The staff will wear watches only (and then not when stunting). Campers should not wear ANY JEWELRY. This is **REQUIRED** by our insurance and by NF safety guidelines. We would suggest that the campers not bring any valuable jewelry with them for security reasons. This includes post earrings or any other piercings. It also includes metal or hard hair barrettes. Taping over jewelry is *not* allowed. **There are NO exceptions.** Piercings less than 6 weeks old may have spacers only. NO belly button rings are allowed at camp. Also be sure that fingernails are kept at a short and safe length.

-NO GUM. No gum is allowed at camp.

-COMPLETE QUIET or LOW VOICES while learning stunts in your stunt group except when instructors are talking or when bases or flyers need to say "DOWN" to dismount for safety. This is an important and valuable safety rule. Complete attention and focus is required.

-NO CHEERING on concrete or uneven ground. This means NO CHEERING...including jumps, motions, tumbling, stunting, ANYTHING! Your safety and your standing in camp results for the week will be affected by this.

-No jumping, yelling, screaming in the dorm/hotel rooms. "Marking" motions and quiet practice is fine.

-WATER OR SPORT BOTTLES ARE REQUIRED FOR EVERY CAMPER. This is also a safety precaution due to the strenuous activity combined with the heat. We will give a water break after each workout. Also please note that **no drinks are allowed in the gymnasium except water.** If you have other drinks in bottles, you must use them in the gym lobby or elsewhere.

-HAIR must be worn in a manner to ensure safe participation. NF allows "half-up/half-down" however, **this still means out of the face and eyes and off the shoulder enough to prevent being pulled or stepped on AT ALL TIMES when cheering.** Remember no metal clasps or hard barrettes.

-Campers should wear **appropriate undergarments** under loose fitting shorts. Bikers, sliders, boy cut briefs, etc **must be worn for modesty.**

- For Safety and injury prevention. Start a program to get your girls physically fit for camp and the cheer season. We will give them a short, but strenuous conditioning workout each morning. In order not to add SORENESS to the sleepiness, tiredness, homesickness they will be experiencing at camp, have your girls run laps, and stretch out 5 days a week at home and/or practice to get ready for camp workouts and their season. There are many fitness and aerobics videos that can be purchased for this purpose. If you need suggestions or want to purchase some made for cheerleading, please call our office at 1.877.cheercca.

GETTING READY TO GO!

SHOW ME THE MONEY!

CAMP FEES

Our fees are paid in advance in order to provide you an awesome camp experience. It is for this reason that ALL fees are non-refundable and non-transferrable. You DO NOT need to know your numbers to **register** for camp. In preparing for camp if you are unsure of your numbers, give us the number you are sure about. It is much easier for us to "add to" than to "take away". Please help us by paying on time. Your **balance is due two weeks prior to camp** (see the "balance due" date on the first page of this packet for your camp. We accept Visa, Master Card, Discover & American Express on line at www.cheercca.com, over the phone, or by **fax at (703)579.8812**. A **\$2.00 processing fee will be charged each time your credit card is processed for a payment.** We accept school or personal checks that arrive at least **two weeks** prior to camp. **We accept only school checks, cash, certified checks, money orders or credit cards for payment of camp fees at the camp location. No personal checks are accepted at the camp location for camp fees.** There is a **\$10 per person (including coaches) LATE FEE if money is not RECEIVED in the CCA Office at least two weeks prior to first day of camp.** Please keep this in mind and mail accordingly. There is also a \$35 return check fee. Personal checks are accepted for SpiritStuf.

The schedule in the front of this information will help you remember when money is due for camp. Basically we have a three payment plan as follows:

Registration Fee

- BEFORE April 15th ONLY \$75 per TEAM
- BETWEEN April 16th & May 15th \$85 per TEAM
- AFTER May 16th \$100 per TEAM

This fee is not subtracted from balance due and is Non-Refundable and Non-transferrable.

Camp Deposit

-due on May 15, 2009 OR after you have tryouts and know final numbers

- \$100 per person, including chaperones and paying coaches for resident and commuter camps
- \$50 per person for private camp campers (Remember one coach comes FREE with each team of 6 or more. Additional coaches & chaperones pay this fee) *This is deducted from your Balance Due and is Non-refundable and Non-transferrable.*

Final Balance

-due to be received in the CCA Office two weeks prior to first day of your camp. This applies to private camps, commuter camps and resident camps. There is a \$10 per person LATE FEE for all monies not RECEIVED in the CCA Office at least two weeks prior to the first day of camp. No exceptions. The CCA overnight address is: CCA - 416 West King St, King, NC 27021
Non-refundable and Non-transferrable.

SPIRITSTUF

If you want to order matching campwear for your team, we have special camp deals on shorts and shirt sets. SPECIAL CAMP PACKAGE DEAL: 3 pair of shorts & 3 Tshirts for only \$58! Order early to be sure that items are able to be shipped in time for camp.

Campwear and cheer accessories, instructional videos, books, CD's and tapes as well as the **Christian Cheerleading Coach's Manual** will be on sale at camp. Items will range in price from \$12 - \$99. Come prepared to stock up on spirit accessories and fun stuff for the coming cheer season! Check out our online store at www.cheercca.com, click on SpiritStuf.

INSURANCE

Each camper, coach and chaperone is required to complete a medical release form and provide insurance information on that form and must be signed (by parents if under 18) and turned in **prior to any camp participation.** The medical release/liability form that we use for camp is NOT an insurance form. It does serve as a "permission to treat" form when parents are not present. It is still necessary that you provide information about your own insurance on the Medical Release Liability Form, as this is the insurance that will cover your child while at CCA camp. **You should duplicate the medical release form, give one copy to Camp Director at on-site check-in and keep one for coach's use in case of emergency. If you do not have medical insurance, call the CCA office 877-243-3722 about purchasing a special policy.** Camp Director must be informed of any trip to the emergency medical services. At all resident camps medical personnel will be available to assist the coach in making decisions regarding seeking emergency care for campers and coaches. All injuries, accidents and illnesses must be reported to the Camp Director.

GETTING READY TO GO!

OTHER INFORMATION YOU SHOULD KNOW

A Word about our Coed Staffers

CCA employs full-time male and female staffers as independent contract staff. We have employed males since 1993 and it has worked very well. As a matter of fact, we have had nothing but VERY positive comments from all involved coaches and campers. These guys confirm to our young female campers that they do not have to settle for second best. There are great guys who really love the Lord and stand up for Him. Girls really learn that they don't have to settle for less. The guys have been positive role models in every situation. Our staff standards in testimony and character are very high. This is doubly true for coed staff. Many of the guys are Youth Ministry majors in college. The testimony of CCA is our most valuable and treasured asset. We want it to remain unblemished. Because of this promise and concern, you can feel at ease about the following:

- a. we allow no coed stunts to be shown, practiced or used in our routines that involve any male/female contact other than hand- to- foot or cradling. At no time will coed staffers do a chair or split catch with girl staffers or campers. Only 'toss to hand' and those type of stunts are allowed. PLEASE DO NOT ASK TO STUNT WITH ANY OF OUR STAFFERS, BUT MOST ESPECIALLY COED. Our staff is here to teach you and show you, but not for camper/staff stunting. This is not allowed by our insurance or safety rules.
- b. "hands off" policy will ALWAYS be in effect in male/female situations between male staff members and female staff or campers. Absolutely NO "PDA". (Public Display of Affection) is allowed.
- c. Male staffers will not stunt with your team members. **Please do not ask them to do so.**
- d. It is imperative that all your female team members wear modest biker shorts or dance bloomers under their camp shorts for the sake of modesty when stunts are being taught.

Our male staffers are leaders who will share their dynamic Christian testimonies with the camp and they are a big addition. If you have questions or concerns, please call our office at 1.877.cheercca

DRESS CODE FOR ALL CAMPUSES

(also see CCA Music, Moves & Dress Policy enclosed in forms section)

The key to all dress requirements is MODESTY.

No extremely short shorts. All styles should have bikers (sliders/spandex/tights/briefs) worn underneath. This applies to cheer uniforms also. This is especially important during stunt class. All shorts (including and especially wide leg culottes) should have modest bikers underneath.

No "cut off" T-shirt tops or uniforms of any type that expose the midriff. No low cut tops or T-shirts with worldly advertisement (hard rock groups, tobacco, alcohol, drugs, Satanic sayings or symbols, etc). No extremely tight tops. Good supportive undergarments must be worn at all times for safety and modesty. Modest tank tops and razor backs that are not too tight may be worn.

Tennis shoes with good arch and lateral support must be worn at all times during cheering and on the gym floor.

Girls in dorms must always have on clothing when walking from the showers to the dorm rooms (NOT just towels wrapped around them). NO GUYS in girls' rooms & vice versa FOR ANY reason at any time.

No jewelry of any kind is allowed while cheering. NO EXCEPTIONS. Piercings that are less than 6 weeks old may have clear spacers. NO belly button rings are allowed during camp. Male campers may not wear pierced earrings or any other piercings at any time. No acrylic nails that extend beyond the end of the fingers are allowed at camp for safety reasons.

For camp services/devotions, regular camp clothes (shorts and T-shirts) are appropriate. No special clothes are needed.

FAQ'S

FREQUENTLY ASKED QUESTIONS and THE ANSWERS!

WILL THE CAMPERS BE ABLE TO CALL HOME?

Emergency phone numbers for each campus are listed on the DIRECTIONS pages. This number is for daytime use only. With most campers and coaches owning and carrying cell phones, communication is usually pretty frequent. Please be sure that parents have coach and chaperone cell phone numbers prior to leaving for camp. **We DO NOT ALLOW CELL PHONES in the gym for any campers during instructional times or devotion times.** Besides, this is CHEER camp and we want you to concentrate on the spiritual things you are learning and bonding with your own cheer team! The best results come with no outside interferences. Call coaches cell number for emergencies.

WILL WE NEED TO HAVE A "HOME CHEER" PREPARED TO SHOW?

On the last day of camp you **are allowed** to do a Home Cheer as a part of your Optional Final Competition. You can use one Home Cheer and one CCA Cheer learned during camp or two CCA Cheers. You are **not REQUIRED** to have a Home Cheer. We would suggest that you prepare one to perform as one of the cheers for Final Competition because it will help your team to feel more confident and be able to perform something that they have practiced for awhile as at least part of their routine. REMEMBER: no music is allowed in your home cheer for any evaluation or competition except CCA 09 music routines that are taught at camp.

DO WE NEED ANY OTHER STUNT PREPARATION?

You should divide your team into BASES (person on the bottom, holding the stunt) and FLYERS (the person climbing or tossed on the top of the stunt). We will strongly emphasize the importance of SPOTTERS (counts/controls/assists in building the stunt and keeps it from falling). We will teach each position the proper and safe technique needed to build partner stunts and pyramids. Each girl should generally know which category she best fits into prior to coming to camp. In a truly flexible team, girls can alternate as bases and flyers. As a general rule, if you are not experienced, the larger, stronger girls are bases and the smaller ones are flyers. The tallest ones are the best spotters, however we will train EVERYONE as a spotter. Actually stunting is based on TECHNIQUE rather than size. This is what we will teach at camp!

WHAT CATEGORY/DIVISION SHOULD WE BE LISTED AS FOR CAMP?

In Christian schools designation of teams is extremely variable. At camp you should cheer with the same designation in which you cheer at home. This will be different at different schools. For final competition (which is an optional competition on the last day of camp) you will have to abide by the enclosed Division Guidelines to determine your competition division. That is the only time your division designation matters at all. Remember, Summer Camp is for **learning** .Competition (on the last morning) is only secondary. Think of this as **a learning camp** and **not** a competition camp.

DOES EVERY ONE DRESS ALIKE? SHOULD WE BRING UNIFORMS?

There is no doubt that teams feel more confident and more "bonded" when they can dress alike. This is **NOT REQUIRED**. Usually about 80% of the camp teams do and 20% don't. It will not affect your awards or standing at camp if you do not have matching outfits. Simple inexpensive modest shorts and T-shirts are fine. Generally you'll need shorts for each day and tops for each day. Teams often wear the same shorts all day and change t-shirts at night because of the heat. Some schools are able to have uniforms by camp time. A lot aren't. This does **not** affect your competition score in any way. If you have your uniforms and want to wear them, that is great. Please do not change into uniforms that will overheat the team until right before competition on the last day.

WHAT TIME DO WE HAVE TO BE THERE AND WHAT TIME WILL WE BE FINISHED?

Please check the **DIRECTIONS** section for information for YOUR OWN SPECIFIC camp times. Generally, registration and move-in for college locations is at 9:30 am the first day **WITH A REQUIRED COACH'S MEETING AT 11:15 am** and **Camp starting at 12:30**. Arrive as early as you can so you can get settled in your dorm room and get lunch (first day lunch is not included in four day camp) prior to the start of camp. In fact, many campuses offer the opportunity to come the night before for a small extra fee. (Check **DIRECTIONS** section) Don't be late for the opening demo! Camp **usually ends approximately 1:00-1:30 pm on the last day**. Be **SURE** to check the DIRECTIONS section of this booklet for the specifics on your camp. Private Camps have different hours and ending times as noted in this packet.

the COACH's lists...

THERE ARE CERTAIN THINGS THAT THE COACH SHOULD DECIDE WITH HER TEAM PRIOR TO COMING TO CAMP TO SAVE TIME AND CONFUSION AND MAKE THE CAMP EXPERIENCE BETTER!

YOUR CHANT LINE

This is the “standard” position that your team stands (or sits) in front of the crowd. Usually there is a one line version and a two line version. Generally the taller girls would be in the center and the shorter girls toward the outside. Exception to that is the Captain, who should stand as close to the center of the line as possible. For sideline evaluation on the first night your PI may ask you to “get in your chant line”. The exception to this will be the progression stunt required in the first night evaluation because the team will have to stand in the position to perform the stunt. **Just a hint....**when you are doing this for “home” use be sure and position the girls so that they are not standing in the chant line with really good friends side by side who will talk to each other the entire time when they should be leading the crowd.

CHEERS/SIDELINES/MUSIC ROUTINES WITH “PARTS”

Often the cheers, sidelines and music routines taught have 2 or 3 “parts” for ripples, etc. Plan ahead who is part 1 and 2 of a two part cheer and who is part 1, part 2 and part 3 of a three part cheer. When we separate into parts at camp, they will feel **prepared vs confused....confident vs panicked!** Sometimes when incorporating stunts, jumps or tumbling later, we will change them from the parts they originally learned, however it is still best for them to feel more confident at camp when beginning to learn anything.

“A” CHEERS and “B” CHEERS

When teaching cheers we will divide the group into “A” **which are the simpler, easier cheers** and “B” **which are the more complicated, difficult cheers**. Usually those who go into the “A” group are less experienced and younger teams and “B” would be more experienced and older teams. JV and Jr Hi teams that are experienced can still learn “B” while there are Varsity teams who will want to learn “A”. Decide where your team falls and prepare them before camp to know whether they will learn A or B. If you are bringing two teams to camp, it is advisable to send one to A and one to B if possible in order to get more material and have a variety for the two teams. *You are asked to make this decision and write it on the Camp Confirmation form enclosed in this packet so we can sufficiently plan ahead for camp.*

JUMPS AND TUMBLING

In jumps we will divide the instructional breakouts into three levels. This is done by INDIVIDUALS not by team. The CCA Staff will demonstrate the levels for jumps at the beginning of class and each individual can decide where they should go. Tumbling is offered as an optional class or is shown in a “TUMBLE RUMBLE” demo. Tumbling can be practiced and improved upon at Cheer Camp, but the place to be taught tumbling is in a special gym environment specifically for that purpose. Untrained coaches or cheerleaders should NOT be teaching or spotting tumbling. **A very lightly spotted backhandspring is a requirement in order to attend the optional camp tumbling class.**

STUNTING LEVELS

Your team will have a **special stunt instructor, a stunt “PI”** that will **stay with you all week** (*not change daily like the regular PI’s do*) and will be able to move you from level to level as you progress. The Coach will need to decide at which level the team will start. **ALL COACHES MUST ATTEND** stunt classes to learn how to teach and spot stunts as taught by their stunt instructor. We ask for this information on the enclosed Camp Confirmation form in order to plan ahead for stunt class. In the stunt break-out group, the staff instructor can move the team up or down in levels. You go to Stunt levels and classes as a TEAM. You should go to the level that applies to the MAJORITY of your team. Levels are as follows:

INTERMEDIATE LEVEL

From no experience to an assisted elevator.

ADVANCED LEVEL

Shoulder level stunts and cradles. Extension from prep & down again.

ELITE LEVEL

Can do a good, solid double base extension and liberty. Ready to work on other extended stunts & tosses

CCA SUMMER CAMP AWARDS

OUR PHILOSOPHY

CCA Summer Camp is a learning experience, not a competition experience. We do have an optional team competition on the final day of camp, however your team is at camp for the purpose of training. We also believe that hard work and great effort should be recognized and rewarded. This is the basic philosophy of the daily awards that we give at camp to teams and individuals.

DAILY RIBBON AWARDS

For overall performance against their own best, **NOT** against other teams, your team will be awarded:

NO OVERALL RIBBON...meaning **they did not give their best**, did not cooperate, did not make the desired effort or had attitude problems.

WHITE RIBBON....meaning that they made some effort but not their best. Much improvement is needed. This ribbon is rated “**Good**”.....but not what we know they can do. Not living up to their own potential.

RED RIBBON...meaning that they did an “**Excellent**” job...put forth a great effort, did all the required material very well. The performance was excellent...not perfect... but they can still work to reach their maximum potential.

BLUE RIBBON....meaning that they did a “**Superior**” performance in evaluation. In order to get this ribbon the performance needs to be 100%. All the basics should be there and the squad should work to its own full potential. Everyone gave 100%.

SPECIAL RIBBONS.. other special ribbons may be awarded to the team or to individuals for outstanding performance in jumps, stunt, motions, tumbling, 110%, crowd pleaser, etc. These are not



DAILY “NPE” (No Pressure Evaluation) REQUIREMENTS

DAY ONE: CCA Sideline with incorporated stunt progression

DAY TWO: CCA Cheer, incorporated Jump and Stunt

DAY THREE: CCA Cheer, CCA Sideline, Transition & Stunt or Tumbling

DAY FOUR: CCA Cheer or CCA music routine from 09 camp, Home Cheer (or a second CCA Cheer if desired), CCA Sideline. **NOTE: NO music allowed for HOME CHEER** Stunts, tumbling, jumps and transitions may be incorporated into the above requirements, however no additional material may be added. Show us your best!

FINAL OPTIONAL COMPETITION: The same requirements as the fourth day.

SPIRIT AWARD

Our daily Spirit Award...**the “Spirit Spout”** is given to the team or teams each day that exhibit/exhibits the most spirit. Spirit is defined as....noise, jumping, enthusiasm, smiles, attitude, 100% participation and effort in ALL activities including paying attention in devotions, actively participating in the exercise sessions, singing, learning, etc. The cheerleaders with the least cheerleading ability can still win the Spirit Award. This is **a very high award in the view of CCA** because it exhibits what cheerleading, especially CHRISTIAN cheerleading is all about! **A special SPIRIT AWARD for the week** will be given to the most spirited team overall!

WEEKLY AWARDS

BEST OF CAMP

Awards for the week will be given at the end of camp. Awards will be given for a cumulative all week performance separately than the awards for the Final Competition performance. Your overall camp performance will decide this award based on staff evaluations. This makes the camp experience less pressure filled and promotes the spirit of learning vs. competition.

FINAL COMPETITION

On the last day of camp, after a morning PI time and NPE, we will have full camp **optional final competition** with teams participating but **separated by team category** according to the size of the individual camp and the number of teams participating in each category (see Division List included in this packet). During the actual competition performance if someone makes a big mistake and wants to start over, this is permissible. We believe in competition as it provides goals and new ideas to ALL squads, however we also believe in lessening the pressure on participants. We make competition FUN... the whole camp will cheer with the other teams as they perform. The spirit of sportsmanship and Christian love and fellowship prevail even during competition time!

10 TIPS TO GET YOUR TEAM READY FOR CCA CHEER CAMP!

So... you have finished tryouts and are excited about shaping this new group into a great cheer team for the upcoming year! One of the most important ways for you to accomplish this is to sign them up for the summer cheer camp experience! They will go to camp as individuals and come home as a team! Here are some important tips on getting them ready to go!

1. **Get Fit!** Put together a fitness plan and schedule including conditioning and strength training. Have practices and do the exercise and reps together but also have a “take-home” schedule to be sure they continue this on their own time at home. You may even want to have their parents verify this take home sheet. That will help make the parents aware of what you are trying to do with the team as well as make the team members accountable. They will have to do stretches and warm ups at camp and if they are not ready they will end up combining soreness and fatigue with all the other elements of camp and will not be able to truly maximize the experience.
2. Go through **stunt progressions** with your stunt groups. Start at the very basic progressions (step/lock drills and thigh stands) and take the group as far as they can go at their current level of ability. Develop a verification sheet in which each team member signs at the completion of each progression as a spotter and as either a base or flyer. Some people may be able to sign off as a spotter, a base and a flyer. Demand proper technique and strong execution before they can go on to the next progression. Progressions will be repeated at camp, however your team will know what to do and will be able to run through the basics quickly and move on to higher progressions.
3. **Put together stunt groups** ahead of time. Your stunt group should include a strong main base (shorter, stronger person), a secondary base, a back spot (tallest, strong base) and a flyer. Add a fifth person to the group that can be an additional base but could also fly if needed. Have a five man group if possible. These groups may change when you get to camp or during the year for pyramids, etc but this is a strong way to set up your team for learning at camp. It saves time at camp, maximizes the camp stunt time, and helps them to feel confident going into stunt class.
4. Plan and purchase **campwear**. Dressing like a team at camp is an important bonding element. This can be as inexpensive or as costly as you want. See what shorts they already have to match. Consider school shirts you may already have or could borrow so everyone can have one alike. Have a T-shirt making or decorating party and make some camp shirts..... or check out CCA's campwear package! Type up a schedule of what outfit the team will be wearing each day at camp. It is also fun to decorate flip-flops in your school-colors for the “down” times at camp.
5. Uniform ordering and **shoe ordering** needs to be done in the spring. This is important in order to be sure you have everything ready for the first football game in early fall or even in August for some schools. You don't have to have uniforms for camp but if you can manage to fit everyone into one of last years, it will also be a confidence booster for the last day camp competition. Good shoes are **essential** to have **before** the team goes to camp. Choose those specially developed for cheerleading. Good arch support, good lateral support, lightweight, good for tumbling. Every girl should have good cheer shoes that fit properly for pre-camp practices and for camp. They will be getting a workout even more difficult than regular practices and should have safe, reliable, quality footwear. Special tip: Have them write their name in all uniforms and shoes so they don't get them mixed up or in case they get lost at camp. CCA partners with Team Leader. Call 1.877.365.7555 and ask for Allison Heath to get more information. **A Team Leader flyer is enclosed in this mailing.**
6. Prepare a **learning DVD/video** of what you want them to know before camp..... include conditioning, a home cheer, jumps to be practicing with proper form, tumbling skills, etc. and give to each team member to know and study at home ahead of time.
7. Have a **“Work Week”** a couple of weeks before camp week. Have each of them come in everyday (9 – 6 or something) and have “mock camp “ including skill checks, skill drills, stunt class, pyramid class, motion drills, jump conditioning and drills, tumbling conditioning. From this week, make a list of individual strengths and weaknesses (Suzi needs to work on jumps, toe touches are weak; Mary needs to work on motion placement and sharpness, etc).. Make this their assignment at home for the days between “work week” and camp. Have some method of measuring improvement and give rewards for improvement on the first day of camp. For variety, use some of this time to make posters, decorations and other spirit items that they can use at camp and even when the season starts. Go over expectations for each day (ex. sidelines to yell as a team for circle up's or to include other schools, how to act during camp situations)
8. Have a lock-in, sleep over, party, “field trip” or **something fun and totally unrelated to cheerleading** that you do together even before camp. It is a good idea to have food and invite the parents in order to get to know them and get them involved in what the team is doing. Use this time to have a **parent's meeting** and let them know what is expected in regard camp including all the travel, financial and other details. Encourage the parents to come and watch an evaluation at camp(if camp is close enough) or perhaps final competition on the last day.
9. **Set team and personal goals... both long term and short term.** Make them specific and measurable. Set some goals for what they expect from camp as a team and individually and others for what they expect from the entire year, both as a team and individually. Decide as a team to be positive influences at camp and beyond, to avoid complaining attitudes and to make getting to know cheerleaders from other schools and teams one of their camp goals.
10. Develop a **“check list” or “packing list”** for everything that everyone needs to bring, including toiletries, medicine, make up, uniforms, bedding, towels, etc... whatever your particular camp requires. Let the whole team help put this together so that the veterans can relate stories of things that have happened at camp in the past. This will be a fun and bonding experience and will help the new girls feel more comfortable. This would be a good time to match up new girls and veterans as **“Spirit Sisters.”** This will go a long way toward insuring a smoother camp for everyone. Go through a sample camp schedule with the team to let them know what goes on each day. The more prepared they feel, the more confident they feel!

**PACK IT UP, GET THEM TOGETHER
AND HEAD FOR A GREAT WEEK AT CAMP!**

