

THE SPIRIT CONSULTANTS

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2010 Summer Cheerleading Camp – What to Bring?

What to bring to camp:

- Camp wear for 4 days (shirts, shorts, socks, shoes, etc...)
- Favorite college t-shirt for Day 3 “College Day”
- Uniform for all-star tryouts and final day performances/competition (not required)
- Warm-ups (if needed)
- Cheer accessories (i.e. poms, megaphones)
- Bathing suit for the pool, flip-flops, sun tan lotion, sun glasses
- Pajamas
- Personal toiletries and feminine products if necessary
- Money (cash estimated at \$50 or more) for the camp store and evening pizza orders
 - Coaches: money for Starbucks in the morning if you would like some coffee
- Snacks for the room
- Reusable water bottle if desired
- Stereo to practice camp routines (camp music CD will be provided for FREE upon arrival)
- Surge protector if girls plan on using more than one hair appliance in the room at the same time
- Camera
- Medications
- “Rock Star Party” Clothes for Final Night Dance Party – all outfits must be age appropriate
- Coaches – Emergency First Aid Kit if you have one
- Coaches – credit card for incidentals on your entire room block (credit card must be swiped at registration in order to have access to all your rooms)
- Home Dance Routine – one minute time limit, no tumbling/no stunts – bring your music!
 - **2 COPIES** of your Home Dance music on CD – we will be collecting home dance music at check-in! One copy is to turn in and the other is for you to have to practice before evaluations.

What NOT to bring to camp:

- Sheets
- Towels
- Fans
- Door/hallway decorations – **this will not be allowed at camp**
- Valuables (i.e. jewelry, iPods, laptops, electronics, etc...)
- Pillows
- Blankets