

# CHEER POWER CALGARY CAMP

## Camp Schedule

### Sat. Aug. 9

9:30-10:00

Check in

---

10:00-12:00

Stunt, Pyramid and  
Skill Classes

---

12:15-1:30

Lunch Break

---

1:30-4:00

Skill Classes,  
Group Evaluations,  
Specialty Classes \*

---

4:30-6:00

Dinner Break

---

6:30-7:30

Camp individual  
prep time \*

### Sun. Aug. 10

9:00-11:30

Stunt, Pyramid and  
Skill Classes

---

11:45-1:00

Lunch Break

---

1:00-4:30

Skill Classes,  
Group Evaluations,  
Specialty Classes

---

4:30-5:00

Wrap Up and  
Check Out

## Prices:

Athlete: \$100

Coach: \$75

---

## Free Stuff:

The first 100 paid athletes/  
coaches get a free camp T!

*Payment must be received  
before July 18, 2008*

---

## Maps to facility:

[Link 1](#)

[Link 2](#)

---

## Forms:

[Link 1](#)

[Link 2](#)

[Link 3](#)

[Link 4](#)

---

## Contact:

Marixa Stewart:

p. 403-973-4572

[pcamarixa@yahoo.ca](mailto:pcamarixa@yahoo.ca)

## Boot Camp:

### BOOT CAMP 2008

Participants must pre-register  
for the Boot Camp sessions.

Fee: just \$5.00 per athlete

“Whole” teams do not need  
to sign on. This is not for the  
faint of heart.

The special optional BOOT CAMP  
feature will be limited to the first  
6 teams (minimum of 8 athletes  
to qualify as a ‘team’) and the  
first 15 individuals

BOOT CAMP sessions will take  
place after the regular skill  
sessions end on

1. Saturday afternoon (short)
2. Saturday evening (longer)

Features:

Each team/squad will be  
assigned an elite Training  
Commander.

The Boot Camp Sessions will  
take place at various locations  
the facility and will focus on  
intensified team conditioning  
and bonding for season long  
improvements in strength,  
teamwork and Champion  
Behaviour.

*Boot Camp Sessions take place as indicated with \**