



LEADERSHIP
IN *MOTION*

SUMMER SESSION

CAMP 2026





Cheer Academy believes that the sport of cheerleading inspires confidence, builds lifelong friendships, and empowers the next generation of leaders. Cheer Academy Summer Sessions are the ultimate squad bonding experience, from team building to squad challenges. Cheer Academy staff will inspire, encourage, and empower your youth athletes to grow, create, and lead bigger and bolder than ever. Best of all, they'll return to their season with fresh material and deeper connections.

**GROW.
BOND.
CHEER!**

**CHEER ACADEMY
SUMMER SESSION**



SESSION AGENDA

Cheer Academy Summer Sessions are high-energy cheer day camps designed to inspire, motivate, and elevate youth cheerleaders at every level. Our dynamic agenda is packed with skill building, creativity, and fun – from fresh material to exciting squad challenges – to ensure that campers feel confident and connected.

From start to finish, Cheer Academy Summer Sessions deliver an uplifting experience. Cheer Academy staff are enthusiastic and engaged, and strive to create the ultimate camp day. Every camper is celebrated with awards to recognize effort and growth, and athletes leave ready to lead, perform, and shine in their season ahead.

Camp Curriculum includes:

- Chants** | up to 6 for post-camp use
- Jumps 101** | focused attention on jump techniques
- Spirit Dance** | choreographed novice-level dance rooted in spirit & fun, plus a speed dance challenge!
- Stunt School** | safety-first stunting at team levels
- Spiritpalooza** | a campwide spirit celebration!
- Squad Bonding** | teamwork makes the dream work!
- Cheervasana** | our signature end-of-day wind down



THE CHEER ACADEMY DIFFERENCE

Cheer Academy prides itself on its empowering approach to recreational youth cheerleading. From our trademark cheer lingo to our L.I.F.T. training method, Cheer Academy Summer Sessions provide safe, modern cheer training that strengthens skills, builds confidence, creates connection, and celebrates spirit.

Snapolades | finger snaps (our version of applause!) to show accolades for teamwork and effort.

L.I.F.T. | Look, Include, give Feedback, say Thank You! Coaches notice and engage all athletes, support with guidance, and show appreciation for their effort.

Core Four | we encourage four internal tools to conquer a challenging moment: energy, attitude, teamwork, spirit.

WHAT'S IN YOUR TECHNIQUE TOOLBOX?

We empower youth
cheerleaders to use their tools!





Cheer Academy staff set the standard for excellence in youth cheerleading through expert instruction, intentional leadership, and genuine passion for developing young athletes.

Comprised of highly skilled cheerleaders from colleges across the country, Cheer Academy staff are trained to lead with confidence, positivity, and purpose. Their hands-on instruction emphasizes safety, strong foundations, and proper skill progressions while inspiring creativity, athleticism, and self-belief.

All Cheer Academy staff hold USA Cheer Safety Certifications, Cheer Academy Certifications, and have completed training on athlete protection and injury awareness, including CDC's Heads Up Concussion Training. Additionally, Cheer Academy staff have been trained to recognize, resolve, and report bullying among cheerleaders, for which Cheer Academy has a Zero Tolerance Policy.

More than instructors, Cheer Academy staff serve as motivating mentors and role models to empower the youth cheerleaders at our Summer Sessions to grow as performers, leaders, and athletes.

CHEER ACADEMY
STAFF





Cheer Academy Summer Sessions camps are open to youth cheer programs (private, town rec, modified) ONLY. The cost per camper is based on a 1-day cheer camp from 9:30am to 3pm.

Cheer Academy also offers custom, flexible camp options to youth cheerleading programs at a location designated by the program, and tailors its camp fee accordingly.

A limited number of Camp Volunteer opportunities are available for existing youth cheer coaches and/or parents at all camps, and provides a complimentary camp registration for your child.

Camp Type	Host	Fee Per Athlete	Fee Per Coach	Inclusions
1-Day	C.A.	\$75	\$25	Premier Activities
Custom 1-Day	Program	\$75 1-Day	\$25	Premier Activities

For details on camps or to create a custom home camp for your youth program, email info@mycheeracademy.com.

SUMMER SESSIONS PRICING



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