



SUMMER CAMPS 2024

"Family Over Everything"

The mission of Rock Cheer Company is to provide a family-oriented environment that will promote skill development, work ethic, and a competitive spirit, but more importantly, build character and self confidence so that our athletes can be champions for life.

**OWNED BY:
CULLEN HODGES & ZACH ROGERS**

**CONTACT US:
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**12075 MOLINE STREET
HENDERSON, CO 80640**

WWW.ROCKCHEERCOMPANY.COM

Summer Camp Schedule

June 3-7			
9:00-12:00 PM	Allstar Cheer Camp	1:00-3:00 PM	Beginner Flight Camp
10:00-12:00 PM	Advanced Flight Camp	12:00-3:00 PM	Backwalkover Camp
June 10-14			
9:00-12:00 PM	Back Handspring Camp	12:00-3:00 PM	Backwalkover Camp
9:00-12:00 PM	Cheer 101 Camp	12:00-3:00 PM	Intro to Tumbling Camp
June 17-21			
9:00-12:00 PM	Level Up Tumbling Camp (Levels 3+)	12:00-3:00 PM	Back Handspring Camp
10:00-12:00 PM	Beginner Flight Camp	12:00-3:00 PM	Cheer 101 Camp
June 24-28			
9:00-12:00 PM	Allstar Cheer Camp	1:00-3:00 PM	Beginner Flight Camp
9:00-12:00 PM	Cheer 101 Camp	12:00-3:00 PM	Level Up Tumbling Camp (Levels 3+)
July 15-19			
9:00-12:00 PM	Level Up Tumbling Camp (Levels 3+)	12:00-3:00 PM	Allstar Cheer Camp
10:00-12:00 PM	Advanced Flight Camp	12:00-3:00 PM	Intro to Tumbling Camp
July 22-26			
9:00-12:00 PM	Backwalkover Camp	12:00-3:00 PM	Cheer 101 Camp
10:00-12:00 PM	Beginner Flight Camp	12:00-3:00 PM	Back Handspring Camp
July 29-Aug 2			
10:00-12:00 PM	Advanced Flight Camp	12:00-3:00 PM	Level Up Tumbling Camp (Levels 3+)
9:00-12:00 PM	Cheer 101 Camp	12:00-3:00 PM	Allstar Cheer Camp

Registration

To register, please visit www.rockcheercompany.com

- Go to our customer portal tab
- Create an account for you & your athlete (if you don't already have one)
- Go to "Summer Camps 2024" & find the camps you are looking for.
- Agree to & sign all gym policies
- Register & pay for your camp

Camp Registraton will open up Wednesday March 20th

In order to participate, all outstanding balances must be paid in full

What to Expect

All camps are Monday-Friday

Our camps are open to ALL athletes - boys & girls welcome, RCC members or not.

Allstar Cheer Camp

Mon-Fri; 3 hours/day

Kids will spend the week working on their cheer skills including stunts, tumbling, jumps, & dance. They will learn a short routine including all of these elements and perform the routine for the parents on Friday at the end of camp. The perfect camp for new & old cheerleaders.

Ages 5-18

Intro to Tumbling Camp

Mon-Fri; 3 hours/day

This camp will focus on teaching athletes the basics of tumbling - including the fundamental aspects like flexibility, strength, shape drills, & technique training. Is your athlete interested in flipping or rolling? Are you ready for them to hop into tumbling but don't know where to start? This camp is the perfect introductory step.

Ages 4-18

Backwalkover Camp

Mon-Fri; 3 hours/day

Trying to get your backwalkover or front walkover? Needing to perfect some level 1 skills for your dream team? This camp is designed to introduce or solidify those level 1 tumbling skills you are looking to achieve. This camp is great for athletes who are already familiar with tumbling & are looking to get those level 1 elite skills.

Ages 5-18

Flight Camp

Mon-Fri; 2 hours/day

Are you ready to fly? This camp is perfect for flyers wanting to train body control, air awareness, flyer flexibility, and body positions.

Beginner is for NEW flyers (Ages 3+)

Advanced is for CURRENT flyers (Ages 7+)

Back Handspring Camp

Mon-Fri; 3 hours/day

Trying to get your back handspring or front handspring? Or do you have this skill already but need to perfect multiples running or standing? BHS camp is designed to introduce or solidify those level 2 tumbling skills. This camp is great for tumblers who have mastered their level 1 skills & are looking to do the same with their level 2 elements.

Ages 5-18

Level Up Tumbling Camp (Levels 3+ Only)

Mon-Fri; 3 hours/day

It's time to finish cleaning up those current skills & progress to the next level! This camp is designed to train your current skill set to perfection and begin working towards new skills with drills, conditioning, and a little fun. This camp is for experienced athletes working on level 3 and above skills.

Ages 7-18

Cheer 101 Camp

Mon-Fri; 3 hours/day

This beginner based camp will keep your athlete entertained for hours on end while giving them the perfect intro to cheer experience - this is great for prepping them for half year or full year cheerleading. From motions, to jumps, to tumbling, to stunting - the athletes will work on the fundamentals of cheer!

Ages 4-13



Things to Know Before Joining

Pricing Info:

- Registration Fee (Only applicable to new members): \$35
- Camp Tuition: \$150/summer camp/athlete (\$20 discount/sibling)
- All Payments are collected electronically through our registration system - iClassPro.
- Once registered, summer camps are non-refundable. You may transfer to a different camp with a two week notice.

Attire:

- Tighter fitting athletic tank top, shirt, or sports bra
- Athletic shorts or spandex
- Socks with light weight tennis shoes or cheer shoes
 - Interested in purchasing cheer shoes? Shoot us an email info@rockcheercompany.com
- Hair should be secured back out of the face
- No jewelry allowed

Gym Rules:

- Being a part of our program requires athletes & parents to show good sportsmanship, polite manners, kindness, & respect at practices and in our lobby. Gossip, drama, or continued bad behavior will lead to dismissal from our program.
- Only Athletes & Coaches are allowed in the gym area. Parents should stay in the lobby unless invited into the gym.
- No food or drink other than water allowed in the gym area. Snacks should be eaten in the lobby. No exceptions.
- Rock Cheer Company reserves the right to refuse services at any time.

TUMBLING LEVEL BREAKDOWN

Level 1		Level 2	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
Forward Roll	Cartwheel	BHS	Round-off BHS
Fall to Bridge	Handstand	BHS step out	Round-off 2 BHS
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Bridge Kickover	1 Arm Cartwheel	Back Walkover BHS	Front Walkover RoBHS
Backwards Roll	Handstand Forward Roll	Straight Jump BHS	Ro BHS Step out RoBHS
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
Back Walkover	Cartwheel Back Walkover	BHS Step out Ro BHS*	RO Multiple (3 + BHS)
Round-off	Front Walkover	BHS Step Out BWO BHS	Front Walkover Ro Multiple
PHASE 4: ELITE		PHASE 4: ELITE	
Connected Back Walkover	Back Walkover Switch Leg	Valdez BHS	Fly Spring
Cartwheel Switch Leg	Valdez	BWO switch leg BHS	Front Handspring Stick
Level 3		Level 4	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
3 BHS Connected	Round-off BHS Tuck	Standing Tuck	Ro BHS Layout
BWO multiple BHS	Round-off BHS Series Tuck	3 BHS to Tuck	Ro BHS Series Layout
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Multiple Jumps to BHS	Aerial	Cartwheel Tuck	Whip Thru to Tuck
BHS Step out BHS	Front Walkover to Tuck	2 BHS to Tuck	PF S/O Ro BHS Tuck
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
BHS rebound Jump BHS	Punch Front Stick	Carthwheel tuck thru to Tuck	Whip Punch Tuck
Jump BHS Series	Front Walkover Aerial	1 BHS to Tuck	PF S/O or whip BHS to LO
PHASE 4: ELITE		PHASE 4: ELITE	
BHS BHS TT BHS BHS	*3 Combo Passes to Tuck*	BWO Tuck	Front Handspring PF to LO
BHS Step out multiple BHS	FHS Punch Front	Toe Touch BHS tuck	Multiple Combo passes to LO
Level 5		Level 6	
STANDING	RUNNING	STANDING	RUNNING
PHASE 1: BEGINNER		PHASE 1: BEGINNER	
Toe Touch Tuck	RO BHS Full	3 BHS to Full	PF S/O / whip to Full
3 BHS to Layout	Ro BHS Series Full	2 BHS to Full	Arabian S/O to Full
PHASE 2: INTERMEDIATE		PHASE 2: INTERMEDIATE	
Multiple Jumps to Tuck	Whip Thru to Full	1 BHS to Full	Whip punch Full
2 BHS to Layout	PF S/O Ro BHS Full	2 BHS to Whip Full	RO BHS Double Full
PHASE 3: ADVANCED		PHASE 3: ADVANCED	
BHS tuck BHS BHS Layout	Round off Full	3 BHS to Double Full	PF S/O / whip to Dbl Full
Toe Touch 2 BHS to Layout	Arabian stick thru to Full	Standing Full	Arabian S/O to Dbl Full
PHASE 4: ELITE		PHASE 4: ELITE	
BHS BHS whip BHS BHS LO	Front Handspring PF to Full	2 BHS to Whip Dbl Full	Whip punch Dbl Full
1 BHS to Layout	Arabian step out thru to Full	Toe Touch Standing Full	1 1/2 step out to Dbl Full



Sign Up Today!

Questions? Contact us

Caroline Hodges

Office Administration - Information regarding registration, billing, apparel questions, and general feedback.
info@rockcheercompany.com

James Dunham

Gym Manager - Information regarding classes, camps, coaches, scheduling, & gym-related feedback.
rockcheerjames@gmail.com

Orla Waddell

Lead Allstar Director - Information regarding teams, attendance, or athlete-related feedback.
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Rock Cheer Company Parents & Athletes (MEMBERS ONLY) Group



Rock Cheer Company (Page)



Welcome!

Thank you for your interest in Rock Cheer Company. Our gym offers a wide variety of programs, ensuring that every athlete that walks through our door has the tools to succeed.

This packet outlines the financial details and general information that apply to our Summer Camp Program for 2024. If you have any questions regarding this packet, or any of the other programs that we offer, please contact us!

Over the past three years, our gym kids have become family to us. Having moved here from across the country, it was extremely important for us to establish an extraordinary gym environment that would allow life-long relationships to flourish, and in the meantime, train some great cheerleading. We are so proud of the growth we have experienced together, both in physical skills and confidence levels. We are still only getting started - we look forward to what the future holds with all of you.

Our main goal is to provide a family-oriented environment that is friendly, yet competitive, and will lead athletes to become the best version of themselves, both physically and mentally. Owning a gym has been a dream of ours and we are so happy to be living that out here in Colorado. Thank you for your kindness, loyalty, and love. Thank you for believing in our dream and trusting us with your most valued possessions; your children. We will never take for granted the privilege we have to impact their lives in a positive way.

We hope to provide you with the best experience possible and we are always open to questions, comments, and concerns on how to provide you with a better experience. You can always reach us directly through email.

We can't wait to ROCK with you!

Cheers,
Cullen & Zachariah Rogers
Gym Owners
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