



Off-season Opportunities

Open to ALL interested athletes!

Open Gym :: Come and workout with your peers and prospective fall cheerleaders! Open gym will provide athletes with an opportunity to stunt, jump and tumble. ALL PROSPECTIVE ATHLETES ARE WELCOME! Wear comfortable athletic wear & sneakers. Pull hair back out of your face, remove jewelry and remove artificial nails. Bring water & a completed open gym permission form. We look forward to seeing everyone there!

- ❖ When: Thursdays through May 31 and then continuing after July 4 week.
- ❖ Where: Columbia Gym
- ❖ Time: 6-8 pm

***All cheerleaders must submit a completed permission form in order to participate. ***

NCA Summer Camp :: Join other prospective fall cheerleaders at Bryn Mawr for the ultimate Summer Camp experience! This is an excellent opportunity to continue to build your skills, learn fresh and fun material, work with some of the best cheer staff in the country and create lifelong memories!

★ **Cost: \$279 Resident** (plus additional camp wear and transportation fees).

CREDIT CARD, CASHIERS CHECKS OR MONEY ORDERS ONLY!

Checks made payable to: *NCA Summer Camps*

★ **\$100 deposit due May 24** Deposits are non-refundable and must be paid with registration.

★ **\$179 balance due by June 7** 50% refund on paid fees (less the deposit of camp) if notified before start of camp

Tumbling Classes :: All Cheerleaders are highly encouraged to attend on a weekly basis.

Listed below are some facilities in the area that offer tumbling classes.

<p>Cheer Intensity All-stars 13 Cannon Street Green Island, NY 12183 (518) 272-4337 www.cheerintensity.com</p>	<p>Northeast Institute of Gymnastics Inc. 1237 Central Avenue Albany, New York 12205 (518) 459-4547 www.northeastgym.com</p>	<p>World Class Gymnastics Academy 630 Columbia Street Ext. Latham, NY 12110 (518) 785-3481</p>	<p>Triple Threat All-Stars LLC 4 Walker Way - Section 3 Colonie, New York 12205 (518) 280-5763 3tallstars.com</p>
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