

# Hampden Academy Summer Cheer

## Lessons and Summer Camp

Open to HA and RSU 22 Middle School Students



## Summer Classes

### Tumbling – Stunting – Strength Training

July 2<sup>nd</sup>-July 25<sup>th</sup>

Week of July 1st - Monday and Friday

Week of July 8th - Monday and Wednesday

Week of July 15th- Monday and Wednesday

Week of July 22nd - Monday and Wednesday

**Mondays 4:30-5:30pm : TUMBLING** at *Big10Cheer* located at 102 Freedom Parkway, Hermon Maine.

Group tumbling and one on one time with multiple all-star instructors.

**Wednesdays 4:30-6:30pm : PERSONAL TRAINING AND STUNTING** located at *Hampden Academy*

The first hour of Wednesday sessions will be a group personal training session with Mr. Corneil. The second hour will focus on mostly stunting but jumps and flexibility drills as well.

**COST IS \$60/per athlete** Payment will be due IN CASH at the start of Tumbling class on July 2nd. Please meet me in the vending machine room at Big 10 Cheer NO LATER THAN 20 minutes early.

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## 2 Day Clinic with Cat Haley

**July 19<sup>th</sup> & 20<sup>th</sup> 10am-2pm**

**at Hampden Academy**

### ***About Cat***

“Born and raised in Maine, I have been involved in the cheerleading industry for 18 years. A humble beginning, I began my years at a local all-star program, Planet Cheer All-Stars; where I competed and coached for 10 seasons. I finished my cheerleading career on The Stingray Allstars Orange of Marietta, Georgia. After an undefeated season including a 2013 World Championship, I worked at the world-famous program for four years. With experience in the northeast as well as the southeast, I feel fortunate for the knowledge I've acquired from the best in the industry. I've returned to Maine to my home gym, now Element Allstars, and I feel excited to embark on my next journey in cheerleading.” ([Cathaleycheerleading.com](http://Cathaleycheerleading.com))

**COST IS \$90/per athlete** including a Camp T-Shirt. Payment will be due in Cash or in a Check no later than the first day of Camp. If you plan to pay on day one please arrive no later than 20 minutes early on July 19th in the cafeteria.