

Spirit Xpress Private Camp Confirmation

Necessary Forms:

Please fill out and fax back these two forms to Spirit Xpress ASAP (919) 484-1785:

*Private Camp Information Sheet

*Local Accommodations Sheet

Please have all participants fill out this form and keep them onsite for entire camp duration:

*Xpress Brands Comprehensive Waiver

Things to do:

1. Read all information thoroughly.
2. Distribute the "Xpress Brands Comprehensive Waiver" to each participant. These waivers need to be presented to the instructors on the first day prior to the start of the camp. Do not mail waivers. No one will be allowed to participate without a waiver.
3. Make sure your facility and equipment are reserved and available for your camp dates and times (i.e. gym, mats, and CD player that is capable of handling your size group).
4. Send in your remaining balance at least two weeks prior to the start of camp. No individual checks will be accepted.
5. Arrive at camp site dressed properly, already having eaten lunch, and ready to warm up and stretch out. Teams should not stretch out prior to the start of camp. For liability reasons, our staff must conduct the warm-up and stretching prior to each camp session.

General Information:

Spirit Xpress private camps are non-competitive. There is no need to prepare any material before camp. We believe that camp is a time of learning and should be fun for everyone.

All tumbling and stunting progressions must take place on a mat. Our instructors will not spot any tumbling that is not on a matted surface but may demonstrate drills. All stunting and tumbling skills are taught in progression. Spirit Xpress stresses that teams should follow and master those progressions before moving on to more difficult skills.

We do not provide any type of medical staff or supplies (tape, etc.). It is up to the coach to provide a trainer if desired.

An adult representative must be on site at all times in case of medical emergency.

Merchandise:

We will be bringing the latest in cheerleading merchandise to sell. Please make teams aware of that fact before camp starts, especially if it is a one-day camp.

We accept checks or cash.

General Schedule:

Day 1 12:00PM – 6:00PM

Day 2, 3 9:00AM – 4:00PM (one hour lunch break required)

The times for the second or third days may be adjusted with coach and instructor consent.

Total camp times are 6 hours of instruction per day.

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Sample Schedule: Day One

11:45	Staff arrives at camp site	2:00	Stunt progressions
12:00	Staff Intros; Team Intros	3:00	Dance #1
12:15	Goal Setting	4:00	Tumbling or customized curriculum
12:30	First 4 spirit beats & stretch	5:00	Cheers and chants
1:00	Jump drills	5:45	Review
1:30	Motion lines and drills		

Private camp participants should bring lunch on days 2 and 3, or you may plan on having lunch brought in. We suggest that the participants not leave for lunch unless there is no other option. You are not responsible for the instructors' lunch, although many squads include them. Some teams have parent volunteers to bring lunch in, therefore freeing the coach from that responsibility.

Spirit Xpress Contact Information

Phone 919-544-2390
800-286-4219
Registration and payment information x203
Instruction information x201

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