

# 2026 Senior MVAA Cheer Camp

**July 24-26** Must be registered by July 1 to guarantee a camp t-shirt

Synergy Sportz

4750 Winchester Blvd, Suite 2, Frederick, MD 21703

**5-12th**

**\$175**

**9:00-4:00pm**



Cheer camp is a great way to be introduced to cheerleading! Here, your athlete will work on level/age-appropriate skills, learn new material, learn about the game of football, make new friends, all while having fun! MVAA Cheer Camp teaches both recreational and competitive styles of cheerleading.

Our staff is made up of very experienced coaches. Each coach excels in teaching recreational and competitive cheerleading. All coaches are first aid certified.

Camp is both indoor and outside, please dress appropriately. Feel free to bring sunscreen and bug spray if needed. Athletes must wear athletic clothing, tennis shoes, hair pulled back, and no jewelry. No gum at camp for safety reasons. Please bring a water bottle with your name on it and a bag lunch. We will provide popsicles.

A performance & awards ceremony will be held the last day of camp. Awards are based off skills from camp week alone.

**Cheer Techniques**  
**Chants & Cheers**  
**Dance**  
**Jumps**  
**Conditioning**  
**Stunts**  
**Tumbling**  
**Games**  
**Prizes**  
**Fun**

To have questions answered or get more information, contact Emily at [president@mvaasports.com](mailto:president@mvaasports.com)

Use this link below to sign up for Cheer Camp

<https://www.mvaasports.com/summer-camps.htm>

