



From no experience to advanced!

X-CEL offers a team for you!

Evaluations start soon...
Sign up today!

Cheer Evaluations

2014-2015 season:

May 19-23 in our Chesterland location

May 27-31 in our Erie location

Dance Evaluations

2014-2015 season:

June 7 in our Chesterland location

June 8 in our Erie location

Half Year Team Evaluations

September 13 in our Chesterland location

September 14 in our Erie location

Summer Dance Camps in Chesterland:

We will learn various short dance combinations in different hip-hop styles including popping, locking, krumping, and breaking. We also will work on a variety of individual tricks and partner tricks. This camp is to better prepare the athlete for the full season competitive hip-hop team. Cost is \$80 per athletes. Snacks provided.

Ages 6-8 hip hop: June 23rd-26th 9-12

Ages 9-11 hip hop: June 23rd-26th 1-4

Ages 12-14 hip hop: June 30th-July 3rd 9-12

Ages 15-18 hip hop: June 30th-July 3rd 1-4

Summer Dance Camps in Erie:

We will learn various short dance combinations in different hip-hop styles including popping, locking, krumping, and breaking. We also will work on a variety of individual tricks and partner tricks. This camp is to better prepare the athlete for the full season

competitive hip-hop team. Cost is \$80 per athletes.

Snacks provided.

Ages 6-8 hip hop: July 7-10 9-12

Ages 9-11 hip hop: July 7-10 1-4

Ages 12-14 hip hop: July 14-17 9-12

Ages 15-18 hip hop: July 14-17 1-4

Continued on back...



8495 Mulberry Rd. • Chesterland, OH 44026

Phone: (440) 824-0300

&
4800 Pittsburgh Ave • Erie, PA 16509

Phone: (814) 520-8984

x-celathletics.com



SUMMER Cheer/Tumbling CAMPS and Clinics:



Cheer Academy
8495 Mulberry Rd.
Chesterland, OH 44026

Chesterland Location:

Flipping and Fun for beginners and intermediate of all ages- learn to cartwheel, round off, walk over and handspring at this class. June 10-13 from 9am-12pm. Cost is \$80. Snacks are provided.

Flipping and Fun Advanced - for athletes that have mastered the handspring and want to learn tucks and layouts. June 10-13 from 12:30-3:30. Cost is \$80. Snacks are provided.

Flying High - Ever wanted to try flying? This camp is for you! Stretch, Balance and learn body positions in this class....and of course do it in the air! June 17 and 19 from 9-12! Cost is \$95. Or July 9 and 11 from 9-12. Snacks are provided.

Handspring Boot Camp - Work front and back handsprings and how to connect them to a round-off! June 17 and 19 from 12:30-3:00! Cost is \$60.

Twist and Flip Camp - This camp is for athletes that have a layout and a punch front. Works fues and arabians and jumps to tucks. June 18 and 20 from 10-1pm! Cost is \$80.

All-Star Cheer Camp for ages 5-11 - This camp covers all aspects of all star cheer from motions, jumping, tumbling, stunting and dance. They perform a routine at the end of the camp. Snacks are provided. 9-12, June 24, 25, 26 and 27. Cost is \$80. Snacks are provided.

School Cheer Boot Camp for ages 12-18. This camp is geared towards those athletes that want to try out for school cheer for the 2015 school year. It is best to start now so when try outs come, you are ready. from 12:30-3:30, June 24, 25, 26, and 27. Cost is \$80. Snacks are provided.

All Day All Star Camp - this camp covers all aspects of all star cheer but also gives athletes longer times to focus on each skill. Cost is \$160. Please pack your own lunch. Snacks are provided. From 9-3pm. July 29, 30, 31 and August 1.

Boys only Conditioning, Strength and Flexibility - This class teaches conditioning, strength and flexibility through tumbling skills and "Tricking" an ariel sport. August 5 and 7 from 9-12. Cost is \$80. Snacks are provided

Erie Location:

Flying High - Ever wanted to try flying? This camp is for you! Stretch, Balance and learn body positions in this class....and of course do it in the air! June 17 and 19 from 9-12! Cost is \$95. Or July 9 and 11 from 9-12. Snacks are provided.

Flipping and Fun for beginners and intermediate of all ages- learn to cartwheel, round off, walk over and handspring at this class. June 16-18 from 9am-12pm. Cost is \$80. Snacks are provided.

Flipping and Fun Advanced - for athletes that have mastered the handspring and want to learn tucks and layouts. June 16-18 from 12:30-3:30. Cost is \$80. Snacks are provided.

Handspring Boot Camp - Work front and back handsprings and how to connect them to a round-off! June 17 and 19 from 12:30-3:00! Cost is \$60.

All Day All Star Camp - this camp covers all aspects of all star cheer but also gives athletes longer times to focus on each skill. Cost is \$160. Please pack your own lunch. Snacks are provided. July 8, 9, 10 and 11 from 9-3pm.

School Cheer Boot Camp for ages 12-18. This camp is geared towards those athletes that want to try out for school cheer for the 2015 school year. It is best to start now so when try outs come, you are ready. from 12:30-3:30, July, 29, 30, 31 and August 1. Cost is \$80. Snacks are provided.



x-celathletics.com