

CAMP DATES

1 week camp dates

July 5– July 9

or

July 12 - July 16

2 week camp dates

July 5– July 16 (no sat/sun)

Camp Details

- 9:00am– 3pm daily
- ages 5 and up
- No experience necessary
- 2 week campers will have a final performance Friday July 16th at 3pm followed by a party with coaches, gymnasts and families.
- Gymnasts and cheerleaders will be evaluated on the 1st day and placed in the proper level.

CAMP PRICING

Registration begins-

May 1, 2010 until full

(2 week and 1 week available)

1 week camp - \$250.00

2 week camp - \$450.00

Payment in full due at registration.

No refunds after June 18th

PDA Team and Academy members will receive \$20 off July tuition for attending camp.

Before and After Care Available

PDA Gymnastics Academy

Presents

PDA's 2010

“Shoot for the Stars”

Gymnastics and Cheer Camp



**15064 Shoemaker Ave
Santa Fe Springs, CA 90670**

Phone: 562-229-1927

Fax: 562-229-9585

Web: pdausa.net

Gymnastics

- Every gymnast will be evaluated and placed accordingly into camp groups. Each group will cover all events in gymnastics.
- Boy gymnasts will be in boy groups and work on appropriate boys equipment,
- Coach Lie Wei will create a special choreographed floor routine for each group which will be performed at the show on the last day of camp.
- All gymnasts will have the opportunity to work with all coaches during the week.
- Campers will also have an opportunity to experience a class in diving and cheerleading during the week.
- Gymnasts in academy level and team levels 1, 2, and 3 will be advanced to the next level if they attend the shoot for the stars 2 week camp.
- All Campers will go to the CPE pool on Fridays from 1-3pm!

Cheerleading

- Cheer groups will cover stunting, tumbling, and cheer. All cheer campers will have the opportunity to experience a class in gymnastics and diving during the week.
- Cheer camp is for ages 10 and up, girls and boys.
- Campers will automatically make PDA's cheer team (no tryout needed)
- Cheer camp will develop strong tumble skills needed for high school cheer and/or a pop Warner cheer squad.
- Camp will also work on flexibility and conditioning.
- All two week campers will perform in the show.

PDA's Coaches

PDA USA Shoot for the Stars is directed by China's 2002 World Champion and 2004 Olympian Liu Wei. Liu Wei brings not only her great experience but her youthful energy and great choreography skills to the camp.



Coach Wu brings enthusiasm and experience to the camp. Coach Wu has coached in 8 Olympic games and is currently one of PDA's gymnastic team coaches.



Coach Gabby Grey is a new addition to PDA's Camp Staff. Gabby was a former NCAA Division I Gymnast. Her Coaching Style is very disciplined, with strong technique and fun personality!



Antoinque will be running our cheer camp. She has done competitive cheer in college as well as high school cheer. She began dancing when she was 12 years old and also has a background in gymnastics.



Friday July 16th Show

All 2 week campers will take part in PDA's Shoot for the Stars show. PDA campers will work hard during the 2 weeks to provide and great show for fiends and family, displaying many of the skills they have learned. This show is definitely a must see!

Party

Following the performance campers will be able to celebrate their accomplishments with friends and family.