

# New England Cheerleaders Association



## 2010 SUMMER CAMPS



**July 12-15, 2010**  
Western New England College,  
Springfield, MA

**July 19-22, 2010**  
Mitchell College, New London, CT

**July 26-29, 2010**  
Babson College, Babson Park, MA

**July 30-31, 2010**  
YOUTH DAY CAMP, Shrewsbury, MA

**NEW!**  
**Dance Teams**  
**Welcome!**

## Cheer & Dance Choreography

by the 2009 WORLDS' 1ST PLACE  
Hip Hop Choreographers!



Teams &  
Individuals  
Can Win Bids To  
Selected Bowl Games  
from All American Cheer & Dance!



**CONTACT US @ (860) 848-0040 or [info@CheerNECA.com](mailto:info@CheerNECA.com)**



# NECA

## Where Cheerleaders UNITE!

NECA will help unite your team this season with the latest trends in cheerleading and dance! Prepare for a camp season filled with the most innovative cheer, dance, and stunting choreography ever! Whether you are a competitive team or a non-competitive one, NECA has classes for you. Our AMAZING camp staff will teach you how to lead your crowd more effectively, power up your jumps, and stunt stronger and more safely. New in 2010--NECA introduces the latest in hip-hop dance styles and choreography. Check out NECA camps this summer and **CHEER UNITED!**

## NEW! Dance Teams Welcome!

Dance, Shake, & Celebrate with NECA in 2010 as we welcome Ryan Spanich and Sean Kinney to the NECA Staff. As choreographers, coaches, and dancers themselves, both Ryan and Sean have earned widespread recognition since placing 1st at the 2009 USASF Cheer & Dance Worlds. Dance teams may choose from a NEW CURRICULUM designed specifically for you! Classes include the latest en-vogue styles in hip-hop dance. Improve your technique through classes in flexibility, footwork, breaking/tricks, krumping, waving, popping, and locking. Join us for camp this summer and don't miss out. **NECA...WHERE CHEER & DANCE UNITE!**

## See What Coaches are saying about NECA!

*"The camp was outstanding! Our squad benefitted so much and we plan to incorporate the new stunts into our competition and half-time routines. Staff was professional and kept the interest of the team... I would highly recommend NECA to any squad looking to improve the basics and learn new tricks. Overall I give this experience a SUPERIOR rating!"*  
Lynn Monger-Old Rochester High School, MA

*"Everything was wonderful...we feel we got a great head start to our season! The girls learned so much and received some much needed attention and guidance throughout the camp. I plan to use NECA again in the future and would recommend them to anyone!"*  
Sarah Hardy-Bridgewater-Raynham High School, MA

*"It was another AMAZING camp with NECA! We absolutely could not have asked for any more. The instructors were fun, knowledgeable, and really know how to schedule the day so we can fit in as much as possible yet have some fun and do some team bonding. It was such a positive, strong way to start our season."*  
Dane Morrison-Plymouth Regional High School, NH

*"The girls worked hard and had a fabulous time! The entire squad looks better at their games this year in all aspects of cheerleading [which is] largely due to everything they have learned from the NECA instructors. NECA recruits quality [staff] and they represent you well."*  
Melinda Stone-Sachem Youth Cheerleading, MA

## COACHES PROGRAM

NECA encourages coaches to get active! Selected instructional classes in dance, motion technique, stunt progression and fitness are for coaches only! Daily seminars teach coaches safe stunting habits, appropriate spotting techniques, helpful conditioning tips, how to choreograph their routines, and how to build team unity. We encourage coaches to actively participate in all classes to provide them with a "hands on" learning experience. Also offered:

- **Special Gift • Camp CD**
- **NECA Coach's Manual**
- **Special Rate on Room and Board** (coaches pay half)
- **Private Camps: Coaches attend Free!**



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# CHEER CAMP CURRICULUM

## STUNT SAFETY!

NECA keeps you in touch with the latest, most innovative techniques in stunting. Cheerleaders and coaches will be educated on safety, spotting, conditioning for stunting, and proper stunt progression. NECA has more stunting sessions than any other resident camp because we believe it is a priority for teams to leave camp understanding the concept of **STUNT SAFETY!**

## CHOREOGRAPHY

NECA Choreography is innovative and fun and reflects the latest styles and trends in cheer and dance! Classes are designed for game time and competition to include sideline cheers, crowd response cheers, competitive cheers, cheer-dance, and NOW hip-hop! Classes are broken down into beginner, intermediate, and advanced levels to give coaches the opportunity to choose the level that suits their team.

## SPECIALTY CLASSES

Cheerleaders choose from their favorite cheerleading activity! Specialty classes are offered in dance, jumps, stunts, and gymnastics to allow cheerleaders and coaches to select activities that are specific to the needs of their team. A specialty class curriculum includes "advanced dance", "sport specific conditioning", "tosses, twists, and cradles", and more!

## GRAND CHAMPS!

Teams will work with their personal instructor all week to develop a "grand champs" routine to be shown on the last day of camp. This routine can be taken home and used at half-time or as a basis for your next pep-rally or competition! Awards will be given in each division for the team(s) with the best "grand champs" routine!

## ALL STAR CLASSES

Geared specifically for competitive teams, these special classes allow coaches to focus on what they need to work on. Choose stunts, jumps, and/or tumbling with your own NECA instructor and get your team ready for the upcoming season!

## DAILY EVALUATIONS

Teams have the opportunity to participate in both informal and formal cheer evaluations. Instructors will guide teams through the evaluation process to help them gain confidence in performing in front of a small crowd. They will provide feedback on your team's strengths and help them work on any weaknesses throughout the week. Evaluation ribbons are awarded to teams each day.

## SHOWTIME!

Pack your costumes and get involved in our camper talent show! Teams and individuals will have a blast showing off their best talent. Whether it's singing, dancing, acting, or baton twirling, it is your chance to shine. A talent trophy is awarded to the best camper talent at each camp.



## AWARDS

- NECA Official Spirit Stick
- Most Unified Team
- Best All Around Team Trophy
- Team Skills: Best (Jumps, Stunts, Motions, Tumbling)
- Dedication Award
- Best Jumper
- Best Tumbler
- Grand Champs Ribbons
- Individual Medals
- Miss NECA
- Talent Trophy

## FULL TEAM BIDS TO THE PRO BOWL!

NECA is pleased to be able to award full team bids to our top teams at Summer Camp in 2010. Sponsored by All American Cheer and Dance, the Pro Bowl half-time show includes thousands of participants and you and your team could be one of them. Bring your entire team to camp and be sure to pack your winning spirit. First Place Grand Champion teams will automatically receive a Full Team Bid to the Pro Bowl!

## NECA PRIVATE CAMPS

All of the benefits and rewards of a resident camp with the comfort of home!!

### Free Coach's Manual & CD • Coach's Gift • Evaluation Ribbons

Enjoy the comfort of your home field and let NECA bring the best camp experience right to your door! Private Camps are designed to meet your team's individual needs. Our staff will help you create a camp that focuses on the areas you would like to work on.

**COMPLETE CAMP:** A little bit of everything!

**CHOREOGRAPHY CAMP:** Let us help build your competition or half-time routine.

**STUNT CAMP:** Build stunts and pyramids and learn drills and conditioning techniques for stronger stunting.

**DESIGN A CAMP:** Work with an instructor to design your entire camp.

**COACH'S CLINICS:** Order a coach's clinic in combination with your team's private camp or choose a day just for coaches to learn. Proper stunting progression, stunting technique, safety and spotting and choreography are just some of the topics covered.

## PRIVATE CAMP RATES (Per student)

ONE DAY CLINIC: \$45.00 / TWO DAY CAMP: \$85.00 / THREE DAY CAMP: \$120.00

- Additional fee required for choreography camp.
- Contact us for special rates on camps with over 50 participants.
- Invite a neighboring school to your private camp and earn discounts!



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## HIP-HOP DANCE CAMP!

### NEW FOR 2010!

Bring your team to NECA camp this summer and experience a whole new curriculum designed just for dance teams! Learn the latest styles of hip-hop and gain the competitive edge.

## DANCE CLASSES!

New this year! NECA Dance classes specialize in all styles of Hip-Hop, from popping and locking, krump and break-dancing to choreographed routines, NECA has it all. Classes taught by World Champion dancers.



## COLLEGE CAMP

### – THE NECA WAY!

NECA Collegiate Cheer Staff is made up of veteran instructors and college coaches. Our camps are affordable..designed with the college student in mind. Spirit Camps offer a great start to your season by helping your new team come together and get ready for GAME DAY! Stunt Camps provide your team with techniques to make your stunts stronger and cleaner so you can progress to the next level and hit those college pyramids safely. With NECA you get the BEST QUALITY camp at the BEST PRICE. Try an NECA College Camp today!

*“The quality of the material NECA brought was excellent...we were very impressed. Our instructor provided us with challenging, college level stunts and dance work. NECA exceeded our expectations this year which is hard to do because we already have high expectations when it comes to NECA...camp was just fantastic!”*

Elizabeth Lund & Darby Conley  
Southern New Hampshire State University

\*see private camp pricing.



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# NECA 2010 SUMMER CAMP REGISTRATION

WESTERN NEW ENGLAND COLLEGE July 12-15, 2010	MITCHELL COLLEGE July 19-22, 2010	BABSON COLLEGE July 26-29, 2010	SHREWSBURY, MA July 30-31, 2010 YOUTH CAMP *day camp only
Resident Camper \$295.00 Resident Coach \$195.00 Commuting Camper \$175.00 Commuting Coach \$65.00  check here <input type="checkbox"/>	Resident Camper \$295.00 Resident Coach \$195.00 Commuting w/Meal Plan \$225.00 Commuting Camper \$175.00 Commuting Coach \$65.00  check here <input type="checkbox"/>	Resident Camper \$295.00 Resident Coach \$195.00 Commuting Camper \$175.00 Commuting Coach \$65.00  check here <input type="checkbox"/>	Commuting Camper \$85.00 Coaches Education \$35.00  check here <input type="checkbox"/>

## STEPS TO REGISTER

1. Check ✓ the camp you wish to register for.
2. Complete the contact information.
3. Mail your registration to the address below or
4. Call or e-mail us for assistance.  
Email: Info@cheerneca.com  
Phone: (860)-848-0040

## MAILING YOUR REGISTRATION

Resident Camps Mail to:

### NECA CHEER & DANCE CAMPS

P.O. Box 124  
Uncasville, CT 06382  
(860) 848-0040

Private/Day Camps Mail to:

### NECA Private Camps

P.O. Box 783  
Millbury, MA 01527  
(888) 551-1388

## PAYMENT PROCEDURES

1. Camp fees are listed above. Resident fees include instruction, meals, and housing. Commuter fees include instruction only unless otherwise noted.
2. A \$30.00 per student deposit is due two weeks after your tryouts or by June 1st to guarantee space. Registrations will be accepted after June 1st depending on space.
3. Deposits are non-refundable and non-transferable. Deposit and balance of payment may be mailed together if preferred. Balance of payment should be mailed two weeks prior to your camp. Payment made on the day of camp MUST be in the form of a Bank check or money order. Checks are payable to NECA Camps.
5. Private Camp Pricing: 2 day camps are \$85.00 per student and 3 day camps are \$120.00 per student. Longer camps are available upon request. Discounts are available for large groups or abbreviated days. Please contact us for details.

## IMPORTANT FORMS

Resident camps require each camper to have a current physical & complete list of immunizations on file in the camp office 2 weeks PRIOR to the start of the camp. All camp forms are available online at [www.cheerneca.com](http://www.cheerneca.com) and camp policies are available upon request.

## CONTACT INFORMATION

Team or Individuals' Name: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Telephone: \_\_\_\_\_

Advisor/Contact: \_\_\_\_\_  
 Street Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 E-mail: \* \_\_\_\_\_

\*E-mail helps us share important information about your camp.

## PRIVATE CAMP DATES:

Please select 3 dates.

First Choice: \_\_\_\_\_  
 Second Choice: \_\_\_\_\_  
 Third Choice: \_\_\_\_\_

PAYMENT INFORMATION: Include a \$30.00 per student deposit or full payment if you prefer.

Resident Campers # \_\_\_\_\_ Total Enclosed\$ \_\_\_\_\_  
 Resident Coaches # \_\_\_\_\_ Total Enclosed\$ \_\_\_\_\_  
 Commuting Camper # \_\_\_\_\_ Total Enclosed\$ \_\_\_\_\_  
 Commuting Coaches # \_\_\_\_\_ Total Enclosed\$ \_\_\_\_\_  
 Private Campers # \_\_\_\_\_ Total Enclosed\$ \_\_\_\_\_

TEAM DESCRIPTION: Please check ✓ to indicate level.

Youth*	[ ]	All Star*	[ ]
Junior High	[ ]	College	[ ]
JV	[ ]	Dance	[ ]
Varsity	[ ]	Other	[ ]

\*indicate age or level: \_\_\_\_\_