

Customized Camps, Clinics, Choreography, and Competitions

NORTH

AMERICAN



**SUMMER
CAMP
2019**



WWW.NORTHAMERICANSPIRIT.COM

★ North American Spirit ★ Summer 2019

At Spirit Summer Camps, we go above-and-beyond the "normal" camp experience:

- Customized class schedule- YOU choose the classes you wish to attend!
- Indoor, MATTED practice facilities!
- DOZENS of classes to choose from!
- Private coach assigned to every registered team!
- Certified Athletic Trainers!
- SEVERAL different, unique locations- YOU choose!



Why should you bring YOUR team to Spirit?

- Unique, personalized approach!
- Proven, research-based stunt safety and techniques!
- Cutting edge techniques from all over the country!
- Award-winning, professional instructors!
- Directors and Assistant Directors overseeing every camp!
- Motivational experiences that make a lasting impact!
- No-nonsense approach to instruction- no "sugar coating"!
- Camp material choreographed by State Champions!
- NEW stunts each summer and exclusive Spirit techniques!
- Unmatched stunt execution training methods!
- Former State and National Champions on our one-of-a-kind, hand-picked staff!



Check out our HUGE selection of classes and activities offered at our overnight camps!

- | | | |
|---|-----------------------------------|--|
| -Stunt Safety and Technique | -Motions- Precision and Execution | -Customized Team Building |
| -Stunts and Transitions | -Flexibility and Conditioning | -Charity Theme Night |
| -OLE (Liberty) Techniques | -Jump Drills and Perfecting Jumps | -"Spirit Night" – a unique team bonding experience |
| -Advanced OLE's | -Stunt Execution | -Final Day Exhibition (optional) |
| -Twisting Cradles and Dismounts | -Tumbling (all levels) | -Coaches Education |
| -Tosses- Baskets and Release Skills | -Skills Cheer | -Motivational Classes |
| -180's and 360's (Beginner to Advanced) | -Timeouts & Group Coordination | -Senior Seminar (Seniors Only) |
| -Pyramids (Beginner to Advanced) | -Game Chants | -Bonfire (Echo Grove) |
| -Coed Stunting | -Dance (Music) | -Paddle Boats and Kayaks (Echo Grove) |
| -Supervised Open Gym | -Private Coaching | -Waterpark/Pool Time (not at GVSU) |
| -Floor Mobility & Facial/Vocal Skills | -Troubleshooting Stunts | |

"Thanks Mary Frances Milke and North American Spirit for an amazing stunt camp! We learned so much!"
-Brooke Miller, Rochester Adams Varsity

"We LOVED your camp! Girls had a great time and learned many awesome new things!"
-East Kentwood Varsity

Call today 586-281-3372 or email info@northamericanspirit.com!

(All information in this brochure subject to change - Classes and activities vary by location)

WE ARE SPIRIT *Where do YOU go to camp?*

ONLY Spirit has the knowledge, skills, and techniques that will take your team to the next level and keep them on top of their game.

At Spirit, every team feels like the most important team at camp. It doesn't end with camp, either. Spirit is here to help all year long!



Coaches who attend Spirit Summer Camp enjoy added, exclusive benefits:

- **FREE, unlimited, video review and consultation throughout the 2019-2020 sideline and competitive seasons (\$50/hr value)**
- **FREE, exclusive admittance to the Spirit Coaches Forum held each November (\$75 value)**
- **FREE Power-Up Practice for all varsity level camp teams (\$250 value)**
- **FREE Coaches' Admission to Spirit Events and Competitions throughout the 2019-2020 season**
- **EXCLUSIVE coaches gifts at camp and other events throughout the 2019-2020 season**
- **FIRST CHOICE for available Private Coaching dates/times with owner, Mary Frances Milke***

**additional fees may apply*

"Spirit Camp is incredibly positive and helps our kids appreciate the sport. Staff is friendly and helpful. We love that Spirit donates back to the community!"

-South Lyon Varsity

"Bringing my team here has been such an amazing experience! Material was very useful and learnable. Spirit Night was amazing!"

-Kristy Potance, Eisenhower Varsity



★ Spirit Traditional Camp ★

Grand Valley State University

Allendale, MI - July 19-21, 2019

- A traditional cheer camp setting on the Grand Valley State University campus!
- Indoor, matted, air-conditioned practice space!
- Beautiful campus, air-conditioned dorms, and excellent food!
- Dozens of NEW stunts and techniques!



"This was a our 2nd year with Spirit and it has again "wowed" me with the dedication to safety, technique, and team bonding. Thank you for another great camp experience."
-Marysville Varsity

★ Spirit XL Camp ★

**Kalahari Waterpark Resort
Sandusky, OH - July 26-28, 2019**

- **Exclusive, Advanced Skills Camp with expert guest instructors from around the nation!**
 - **Professional instruction in a resort setting with indoor, matted practice space!**
- **Bond with your team when the day is done at one of America's Largest Indoor Waterparks!**
 - **Choose from even MORE classes with our extended Final Day!**



*"Kalahari was an awesome location for camp. Camp can be long and difficult and the location was great for some team fun time. I loved Spirit Night. Our team has grown closer as well as more skilled as a result of our time here at Spirit."
-Lawton Varsity*

★ Power Camp ★

**Bavarian Inn Lodge and Kern Pavilion
Frankenmuth, MI - July 30-31, 2019**

- Learn the secrets that make Spirit the leader in stunting technique!
- Two full, **POWER PACKED** days exclusively filled with stunts and skills!
- Choose the "Advanced Path" option to challenge your team!
 - Overnight package includes meals, waterpark passes, and team time at the Family Fun Center!



*"This camp experience is very organized and team-oriented. They work with their hearts to make each camper's experience special."
-Holly Varsity*

★ Spirit Lakefront Camp ★

Echo Grove Camp and Retreat Center

Leonard, MI - August 3-5, 2019

- Join us for a unique blend of top-notch accommodations in a beautiful, rural setting!
- Indoor, matted practice space- including an air-conditioned gym!
 - Don't forget the pool, paddle boats, and bonfire!
 - This camp provides the perfect setting for team bonding!



"We love being able to pick classes based upon what we need. The staff is very approachable and motivating! They are all very knowledgeable and we always leave ready to take on the year!

We love Spirit!"
-Grosse Ile Varsity

★ Middle School Camp

Avondale High School - August 10th, 2019

- One-day camp exclusively for Middle School Teams!
- Specially designed stunts, skills, and material!
- Start your season right with the best in stunt safety and technique!



*"North American Spirit is the best! The stunting drills and techniques are second to none. We gain our stunting and performance strength from what we learn at Spirit. Thank you for all your expertise and guidance."
-Divine Child Middle School*

★ Coaches Workshop

Livonia Churchill High School - May 11th, 2019

- Don't miss out on the single, most valuable coaches educational workshop in Michigan!
- Learn the newest and best in cheer techniques from industry leaders!
- Contact the Spirit office to register - only \$55 per coach!



*"It really was a great day!! Thanks so much for putting together such great speakers and helpful topics!"
-Carly Sienkiewicz, Forest Hills Northern*



Contact Us

North American Spirit
8742 Country Manor
Bruce Township, MI 48065
Phone: (586) 281-3372
Fax: (586) 281-3373



Email: info@northamericanspirit.com

WWW.NORTHAMERICANSPIRIT.COM

Stay Connected With Spirit



Register Online!

Ask About Power Up Practices!