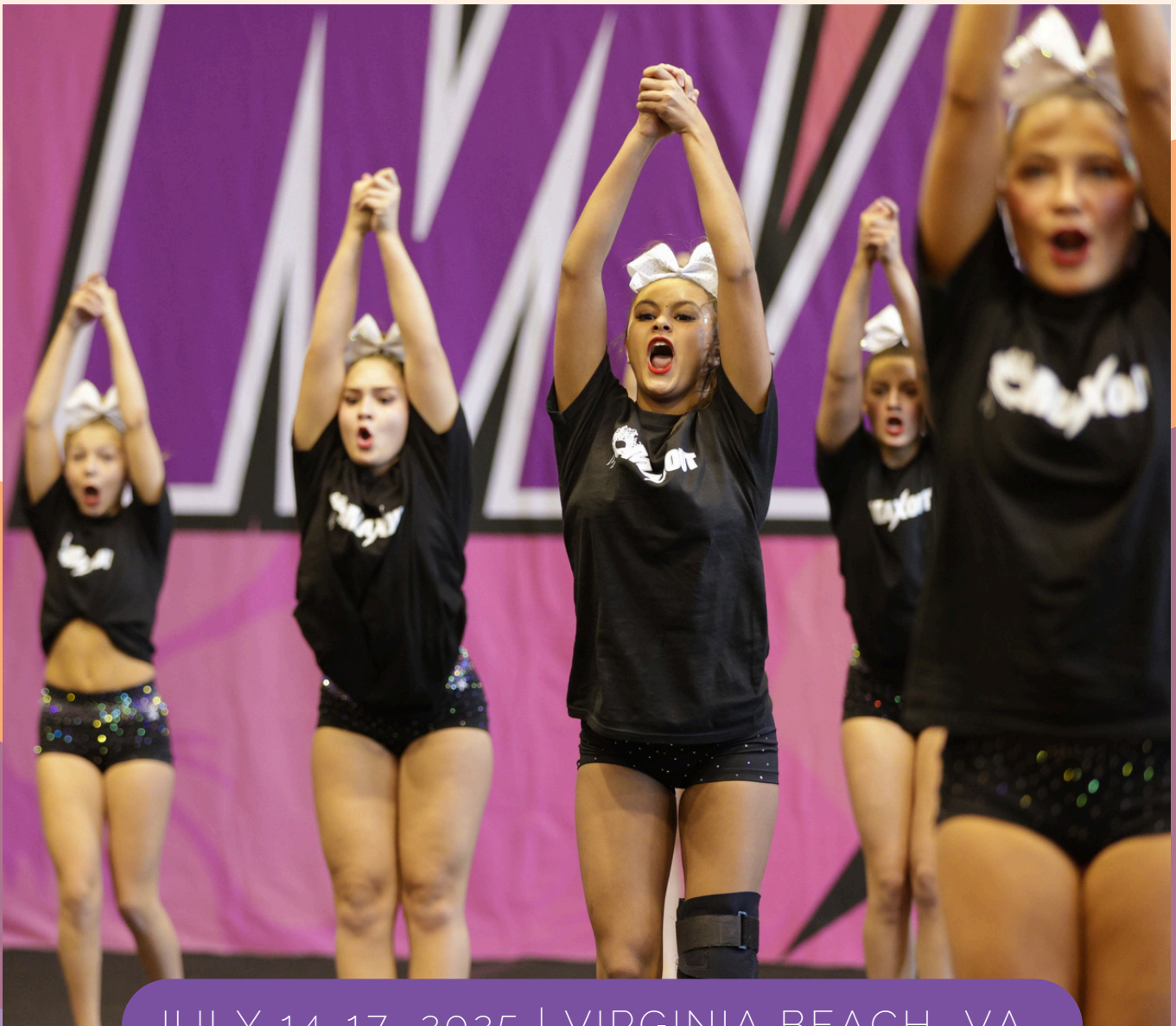


MAXIMUM

MAX CAMPS

TRAIN. IMPROVE. MAXIMIZE



JULY 14-17, 2025 | VIRGINIA BEACH, VA

WELCOME



Hi There!

Get ready to take your cheer and dance skills to new heights with MAX Camps! Powered by Maximum Cheer, our camps are designed to offer athletes, coaches, **and parents** the ultimate summer experience. Whether you're looking to master advanced stunting techniques, improve your tumbling, or gain new insights into the industry, MAX Camps are here to help you achieve your goals.

Our camps bring together top-tier coaches, elite training, and a supportive environment to elevate every participant's skills, confidence, and passion. Whether you're an athlete striving to push your limits, a coach looking to refine your leadership abilities, **or a parent eager to understand the ins and outs of the sport**, MAX Camps has something for everyone.

We cannot wait for you to join us in Virginia Beach this July for an unforgettable, high-energy summer camp experience! Let's make this the summer of growth, fun, and MAXimized potential!

-THE MAX STAFF

MAXIMUM

WHAT TO EXPECT

Dates:

- Stunt Camp – July 14-15, 2025
- Tumble Camp – July 16-17, 2025

Location:

- Virginia Beach Sport Center
1045 19th St,
Virginia Beach, VA

Stunt Camp: A two-day intensive focusing on building and perfecting stunt techniques. Athletes will work within their stunt groups to develop advanced stunting skills under the guidance of expert coaches.

Tumble Camp: A two-day camp dedicated to improving tumbling techniques for athletes of all skill levels. Expect personalized attention and high-energy training sessions.



FOOD AND WATER

Athletes will be responsible to bring their own lunch/snacks. Light snacks will be available to purchase. Water bottles will be vital to a successful experience as well. Athletes can bring in other beverages, if contained in a spill-proof, non breakable bottle.



APPAREL

Athletes should arrive each day in comfortable, properly fitting active wear, hair up, and cheer shoes. There will also be exclusive apparel available to purchase. More details to come about this.



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PRACTICAL INFORMATION

SKILL BREAKDOWN

Levels 1-2: Open to all athletes.

Level 3+ (tumbling): Athletes must have consistent and strong round-off series back handsprings and standing single back handsprings.

Level 3+ (stunting): Stunt groups must be able to consistently execute straight-up extensions/cupies, straight ride basket tosses, and prep-level single-leg body positions to register.

KEY TAKEAWAYS

All participants will leave with valuable takeaways, including personalized feedback, technical tips, and tools to continue developing their skills after the camp.

SAFETY MEASURES

Our staff is trained to prioritize safety in all aspects of the camp, from physical activity to check-in/check-out procedures. Rest assured that your child's safety is our top priority.

STUNT CAMP SCHEDULE

MONDAY, JULY 14

Time	Activity	Instructor
9:00am–9:30am	Check-In	Max Staff
9:30am–10:00am	Dynamic Warmups	Max Staff
10:00am–10:45am	Intro, Ice Breakers, Stunt Safety	Max Staff
10:45am–11:45am	Tosses	Brian
11:45am–12:30pm	Twisting & Release	Brian
12:30pm–1:15pm	Lunch	
1:15pm–1:45pm	Stunt Warmup & Stretch	Brian
1:45pm–2:15pm	Stunt Conditioning	Max Staff
2:15pm–2:45pm	Inversions	Brian
2:45pm–3:15pm	Creative Transitions / Entries	Brian
3:15pm–4:00pm	Dance	Brian

TUESDAY, JULY 15

Time	Activity	Instructor
9:00–9:30 AM	Check-In	Max Staff
9:30–10:00 AM	Dynamic Warmups	Max Staff
10:00–10:45 AM	Safety, Warmup, Day 1 Review	Max Staff
10:45–11:30 AM	Inversions, Twisting, Release	Payton
11:30–12:30 PM	Tosses	Payton
12:30–1:15 PM	Lunch	
1:15–1:45 PM	Warmup + Stunt Stretching	Payton
1:45–2:45 PM	Pyramids	Payton
2:45–3:15 PM	Stunt Conditioning	Max Staff
3:15–3:50 PM	Show Off!	Max Staff
3:50–4:00 PM	Dance Review	Max Staff

TUMBLE CAMP SCHEDULE

WEDNESDAY, JULY 16

Time	Levels 1–2	Levels 3–4
9:00–9:30 AM	Check-In	Check-In
9:30–10:00 AM	Dynamic Warmups	Dynamic Warmups
10:00–10:45 AM	Intros, Safety, Warmup	Intros, Safety, Warmup
10:45–11:45 AM	Front Tumbling (Level 1/2 Focus)	Front Tumbling (Level 3/4 Focus)
11:45–12:30 PM	Jumps & Flexibility	Jumps & Flexibility
12:30–1:15 PM	Lunch	Lunch
1:15–1:45 PM	Warmup + Quick Re-Stretch	Warmup + Quick Re-Stretch
1:45–2:45 PM	Combination Tumbling Passes	Standing Tumbling
2:45–3:15 PM	Tumbling-Based Conditioning	Tumbling-Based Conditioning
3:15–4:00 PM	Dance	Dance

THURSDAY, JULY 17

Time	Levels 1–2	Levels 3–4
9:00–9:30 AM	Check-In	Check-In
9:30–10:00 AM	Dynamic Warmups	Dynamic Warmups
10:00–10:45 AM	Intros, Safety, Warmup	Intros, Safety, Warmup
10:45–11:45 AM	Standing Tumbling	Speed & Setting
11:45–12:30 PM	Combination Tumbling Passes	Combination Tumbling Passes
12:30–1:15 PM	Lunch	Lunch
1:15–1:45 PM	Warmup + Quick Re-Stretch	Warmup + Quick Re-Stretch
1:45–2:45 PM	Running Tumbling	Combo Standing Tumbling Passes
2:45–3:30 PM	Combine What You Learned	Combine What You Learned
3:30–4:00 PM	Show Off	Show Off

COACHES CLINIC SCHEDULE

TUESDAY, JULY 15 (TUMBLE BASED SESSION)

Time	Session	Instructor
12:15 - 12:30 PM	Welcome	
12:30 - 1:10 PM	How to Read your OCS Scoresheet	Erin
1:20 - 2:00 PM	Feedback to Fuel: Transforming Scoresheet Notes into Growth	Brian
2:10 - 2:50 PM	Hands on spotting tips/tricks	Brian
3:00 - 3:40 PM	Jumps strength/flexibility	Payton
3:50 - 4:30 PM	Coaching after Crisis: Supporting athletes wh	Lyndsey

TUESDAY, JULY 15 (STUNT BASED SESSION)

Time	Session	Instructor
4:30 - 4:45 PM	Welcome	
4:45 - 5:25 PM	Strategic Division Placement: Setting Your Team Up for Success	Brian
5:35 - 6:15 PM	Choreography Do's & Don'ts	Brian
6:25 - 7:05 PM	Stunt Specific Flexibility	Payton
7:15 - 7:55 PM	Why don't they listen? Understanding how younger athletes think, learn, and grow	Lyndsey
8:05 - 8:45 PM	Athlete mental health: Red flags and how to manage them	Lyndsey



Contact Us!

Register today at joinmaximum.com/camps
Email us with any questions events@maximumcheeranddance.com
Call our team (424) 262-9263

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