

SPRING 2024
SUMMER 2024
FALL 2024

NEW LOOK.
NEW LEVELS.
NEW HEIGHTS.

THRIVE SPIRIT

REACH NEW HEIGHTS

2024 CHEERLEADING CAMPS & CLINICS

TS



2024 CAMP WELCOME

NEW LOOK.
NEW LEVELS.
NEW HEIGHTS.

THRIVE
SPiRiT

THRIVE Spirit Camps are committed to helping your team reach **NEW HEIGHTS** this season, at games, competitions, and everything in between! In 2024, we've elevated our trainings to help your program **THRIVE**, inside & out.

ELITE TRAINING | We've transformed our collection of camp offerings to help you soar, including the *ELEVATE* and *TOP TIER* Team Cheer Camps designed to optimize your team's strength, technique, and confidence.

CUTTING-EDGE SPORT PERFORMANCE | The THRIVE Spirit difference is that we build spirit athletes from the inside out. We're expanding our performance psychology and mental health training techniques by infusing it in every camp curriculum & offering tailored mental performance workshops to athletes & coaches.

MORE FUN | Our camp staff and instructors are ready to showcase their best and to train hard with you. Our staff family is made up of top current and former collegiate athletes who are ready to train everything—mind, body and spirit. We're ready to help you grow and have so much fun doing it!

We can't wait to see you at camp this summer—whether it's at your home turf or away at a Team camp. We're right there with you, prepared to help you reach **NEW HEIGHTS**!

Coach Kalyn

Coach Kalyn
Founder/Owner, THRIVE Spirit



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THRIVE SPIRIT CAMPS

WE TRAIN SPIRIT ATHLETES TO BE THEIR BEST, FROM THE INSIDE

OUT.

We proudly use a mind-body approach to train cheerleaders and dancers to optimize both mental performance & physical performance. With THRIVE, your athletes will master the mind so they soar as athletes, as teammates, and as people.



CAMP GUIDE

ELEMENTS OF OUR CAMPS

CAMP SHOWCASES

Campers at our Team Camps show off their routines and compete for awards, including the coveted **THRIVE Spirit Banner**.

THE LEADERS LEAGUE

Standout campers are invited to join the **#LeadersLeague**, where they learn advanced materials and join speciality classes for an elite showcase at camp.

DAY VS. EVENING

We offer day camps and evening camps. Evening camps are great for teams that need to participate in camp after school or work hours.

PRIVATE VS. TEAM

We offer private home camps for 1 school, program, or gym that has space for 1-2 teams. This is ideal for a school's JV and Varsity team to camp together. Team camps often allow 3-6 teams and can be mixed from different programs. More teams = more fun!

OPEN VS. CLOSED

We offer some open camps where individuals and groups from the community can come and learn outside of being with a team. Teams are still allowed to join us at open camps, but only teams are allowed to attend closed camps.

PER ATHLETE VS. PER TEAM

We do a per athlete model for all camps except choreography camps, which are priced by team.

**BUILDING YOUR TEAM
TO THRIVE**





#CAMPTHRIVE 2023: ATLANTA, GA

WHAT'S IN OUR CAMPS

EVERYTHING TO HELP YOUR TEAM THRIVE

Advanced, high-skilled instruction

We make sure that your time at camp COUNTS. We teach industry-standard technique for all elements of Spirit. We focus on elite athleticism, safety, and the pipeline to athletes to college and professional cheer and dance.

Tailored choreography at EVERY camp

You deserve to leave camp with material that has your own twist on it, especially for your program! We offer tailored choreography at EVERY camp. From chants, to cheers, to halftime routines and speciality partner stunts, we got you!

Expert-designed team building activities

Based on the founder's background in the mental health of competitive athletes, our team-building activities are designed with cohesiveness, competitive-edge, and teamwork in mind. Build an unstoppable team that works together!

THRIVE Spirit Coach Training

We take a 360° approach to Spirit which means Coaches need training, too! We support our coaches in learning and implementing the THRIVE Sport Coaching method of leading and inspiring your athletes. This training shows you how to motivate and engage your athletes to be confident, healthy, and leader-oriented through cheerleading.

Experienced, high-energy staff & instructors

We recruit the best instructors who are highly-experienced and highly-invested in inspiring your athletes and having lots of fun.

Everything you need to THRIVE

We offer build-your-own camp options for teams who want to curate their camp experience. **We also offer limited host site options for teams who want camp to be a fundraiser!**



2023 THRIVE Cheer Camp Instructors

CAMP PRICING & REGISTRATION

2024 REGISTRATION DEADLINES

MARCH 15: EARLY REGISTRATION DEADLINE (10% DISCOUNT OFF CAMP FEES)

APRIL 15: REGULAR REGISTRATION DEADLINE

MAY 15: LAST CHANCE REGISTRATION DEADLINE (DEPOSITS INCREASE TO \$300)

MINIMUM TEAM MEMBERS

For non-choreography camps, camp fees are charged for a minimum of **10 athletes**.

TRAVEL FEES

Travel fees for camps located outside a 60 mile radius of our Headquarters will be assessed additional fees for travel. Please see the Coaches' Handbook for travel costs.

\$55
\$150
\$25

\$45
\$75

CAMP DATES

All June camp dates must be booked by May 1.
All July camp dates must be booked by May 15.

PROMOTIONS

As a sponsor of the Georgia High School Association, we will grant 10% off to any Georgia High School program until April 15.
Use code: GHSA+TS24 for your discount.

THRIVE SPIRIT

HOME CAMPS

PRIVATE, TRADITIONAL HOME CAMPS

01 FUNDAMENTALS OF CHEER HOME CAMP

Beginner teams who want to perfect the basics of cheerleading. Focuses on core drills for a strong cheer foundation.

Camp Rates:
\$80 per athlete, per day
1 - 4 Day Options

02 ELEVATE HOME CAMP

Intermediate teams who want next-level training. Great for first-year competition teams.

Camp Rates:
\$95 per athlete, per day
1 - 4 Day Options

03 ELITE HOME CAMPS

Advanced camps who want to pair top-notch technique with high difficulty. Best for repeat competition teams.

Camp Rates:
\$110 per athlete, per day
1 - 4 Day Options

TEAM CAMPS

MULTI-TEAM & OPEN COMMUTER CAMPS

01 ELEVATE TEAM CAMP

Beginner to intermediate teams elementary/middle school teams that want the commuter camp experience. Includes an end-of-camp showcase.

Camp Rates:
\$70 per athlete, per day
2 - 4 Day Options

02 TOP TIER TEAM CAMP

Advanced teams and high school teams that want the commuter camp experience. Includes an end-of-camp showcase.

Camp Rates:
\$85 per athlete, per day
2 - 4 Day Options

03 OPEN FORMAT CAMPS

Open camps for spirit athletes who want to train with others off their teams. See camp info for athlete level.

Camp Rates:
\$60 - 115 per athlete, per day
1 - 4 Day Options

STUNT CAMPS

PRIVATE, TRADITIONAL STUNT CAMPS

01 PARTNER STUNT CAMPS

Offered in beginner, intermediate, and advanced formats. For all-girl teams. Baskets only offered for advanced camps.

Camp Rates:
\$60 per athlete, per day
1 - 3 Half-Day Options

02 PYRAMID CAMPS

Offered in beginner, intermediate, and advanced formats. For all-girl and coed teams. Half-days only.

Camp Rates:
\$60 per athlete, per day
1 - 3 Half-Day Options

03 ALL STUNTS CAMPS

Offered in beginner, intermediate, and advanced formats. For all-girl and coed teams. Baskets only offered for advanced camps.

Camp Rates:
\$75 per athlete, per day
1 - 3 Half-Day Options

CHOREOGRAPHY CAMPS

HIGH SCHOOL COMPETITION TEAMS

01 GAME DAY CHOREO

Game Day choreography. Includes score sheet training and music preparation. Includes 1 routine clean-up session (1 hour).

Teams Only
\$2000 for 2-Day,
\$2500 for 3-Day

02 TRADITIONAL COMPETITION

Choreography for traditional competition. Includes score sheet training and custom music. Includes 1 routine clean-up session (1 hour).

Teams Only
\$3500 for 3-Day,
\$4000 for 4-Day

03 ROUTINE CLEAN-UP

Additional routine clean-up sessions to adjust counts, music, choreography, formations, and provide mock scoring.

Teams Only
\$150 for each addt'l hour
\$1,000 for addt'l day

CHEER CLINICS

BRIEF SKILLS CLINICS TO HELP YOUR TEAM THRIVE

01

STUNT CLINICS

PICK ONE:

Partner Stunts
Pyramids
Baskets

All levels except baskets (adv. only).

Clinic Rates:

\$25 per athlete, per hour
2 hour max.

02

GAMEDAY CLINICS

All Included:

Motions
Jumps
Chant/Cheer Technique
Sideline Dance

Clinic Rates:

\$25 per athlete, per hour
2 hour max.

03

COMPETITION PREP CLINCS

For teams who did not receive choreography from THRIVE Spirit. Game day and traditional competition teams. Routine Review, Clean-Up, & Mock Score Sheets

Teams Only

\$250 per clinic hour
2 hour minimum; 1 day max.

04

TRYOUT CLINICS

Clinics for program's tryout candidates. Does not include tryout judging or auditions. Includes: 1 Cheer, 1 Chant, 1 Band Dance, 1 Jump Sequence; Drills for Jumps, Stunts, and Sideline.

Clinic Rates:

\$50 PP each, per week
(4 days; 2 hours/day)
Minimum of 25 Participants

COACH TRAININGS

THRIVE SPIRIT 360° COACH TRAINING

We support our coaches in learning and implementing the THRIVE Sport Coaching method of leading and inspiring your athletes. This training shows you how to motivate and engage your athletes to be confident, healthy, and leader-oriented through cheerleading.

Topics We Cover:

- Mental Health vs. Mental Performance: Knowing the Difference
 - Motivation for Spirit Athletes: Helping without Harm
 - THRIVE Together: Healthy Conflict & Team Dynamics
- Signs to Know: Eating Disorders & Substance Use Concerns
 - Signs to Know: Trauma-Informed Coaches
 - Signs to Know: Anxiety, Depression, & Suicidal Thoughts
- Healthy Minds for Healthy Bodies: Self-Care for Student-Athletes
 - Performance Skills for Confident Athletes
- Strategies for Parent Engagement (Grades 3-12 Coaches)
 - Sport Nutrition & Injury Recovery (College Coaches)

01 GRADE 3 - 12 COACHES

PRICE PP

Fundamentals Training*	\$55
Full Coach Certification	\$150
Trauma-Informed Coaches Module (add-on)	\$25

The Coaches Camp

Technique Coaches Clinic Fundamentals	\$45
Technique Coaches Clinic Elite	\$75

02 COLLEGE COACHES

PRICE PP

Fundamentals Training	\$75
Full Coach Certification	\$200
Add-Ons	
Trauma-Informed Coaches Module (add-on)	\$40
Fundamentals of Sport Nutrition	\$45
Fundamentals of Injury Recovery	\$75

All fundamentals trainings are 2 hours long.

*Fundamentals Training for HS Coaches are discounted in Team Camps to \$35/coach.
Full trainings are 4 Hours; add-ons may add 45 - 75 minutes per training.



THRIVE SPIRIT COACH TRAINING

We take a 360° approach to Spirit which means Coaches need training, too!

We support our coaches in learning and implementing the *THRIVE Sport Coaching* method of leading and inspiring your athletes. This training shows you how to motivate and engage your athletes to be confident, healthy, and leader-oriented through cheer and dance.

THE COACHES CAMP

Want to be more hands on? We are also offering **The Coaches' Camp** this year! Come learn both the THRIVE Sport Coaching model plus safety and skills tip for teaching your athletes stunts and tumbling this season.

THRIVE-READY COACHES' KIT

All camps offer the THRIVE Ready Team Kit, which includes Coaching Tips, an overview from the THRIVE Spirit Coaching Training, GameDay preparedness, videos from your camp instructors, score sheet tips, and more!

We compile these kits with your team in mind. These kits are designed to help you have a helpful go-to during the season, no matter what you're up against!

Be sure to request your coaches' kit for the specific needs for your team!



LEARN EVIDENCE-BASED YOUTH WELLNESS TIPS TO HELP YOUR ATHLETES TRAIN SMARTER.

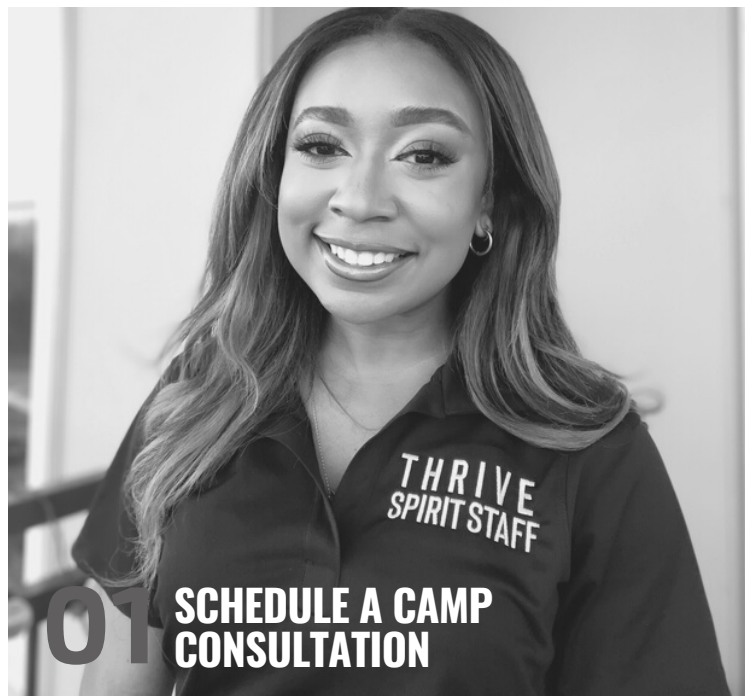


SUCCESS STARTS IN THE MIND. HELP ATHLETES BUILD STRONG MENTAL PERFORMANCE PRACTICES NOW.



SUPPORT YOUR TEAM IN HEALTHY DYNAMICS AND BUILDING BONDS AT OUR CAMPS!

HOW TO REGISTER



01 SCHEDULE A CAMP CONSULTATION

Send an email to registration@thrivespirit.com to schedule a camp consultation with a THRIVE Camps Representative.

Don't forget to inquire about host site options!

[EMAIL US](#)

[REQUEST CONSULT](#)

ONLINE REGISTRATION PROCESS

02 PICK YOUR CAMP & BOOK A CONSULT +

You will receive quotes from your camp consultation and date options. Once you're ready, book a camp consultation.

03 REVIEW & SIGN YOUR FORMS +

Review the Coaches Packet BEFORE you register. Then, download & complete required forms.

04 BOOK YOUR SPOT: ONLINE REGISTRATION

Head to the registration portal using your unique link to add your team camps & clinics to your account. Use the instructions in your coaches' packet to help you complete registration.

05 PAY YOUR DEPOSIT & FEES BY THE DEADLINES

Your camp quote will include a pay schedule for your camp fees. Don't forget to ask about our promotions!

06 GET READY FOR CAMP!



BECOME A HOST SITE

Want to raise money while you camp? Sign-up to be a host site for a 2024 camp or clinic! Email us to get started.



START A FUNDRAISER

Need to fundraise for camp? Email us to get started with setting up your team camp fundraiser!

[EMAIL US](#)

CAMP FORMS & PACKETS

[CAMP COMPLIANCE FORM](#)

[TEAM ROSTER FORM](#)

[MEDICAL & MEDIA RELEASE FORMS](#)

[COACHES' PACKET: FOR CAMPS](#)



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BUILT TO THRIVE

OUR SPIRIT KICKSTARTS SUCCESS

Learn more about the mission of THRIVE SPIRIT at thrivespirit.com.

THRIVE was founded in 2017 to create camps with purpose. Our camps are carefully curated to maximize your athletes' potential, on the floor and in life.

To get involved in our fight for equity in women sports, cheerleading, and the lives of girls, no matter their background, check out the THRIVE Foundation.

CHEER.DANCE.LEAD.THRIVE.



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