

WAUCONDA BULLDOGS CHEER
Summer Cheer Camp - Camp Castaway
June 4–6, 2026

Why ICA Camp Castaway?

ICA Camp Castaway is a fun, high-energy way to **jumpstart the cheer season** through **professional coaching**, confidence-building, and team connection.

Camp is held at **Carthage College in Kenosha, WI**, a safe, scenic lakeside campus. Camp helps new cheerleaders feel prepared while returning athletes sharpen skills and leadership.

What Cheerleaders Will Experience

Athletes participate in structured, age-appropriate training led by certified instructors.

Cheerleaders work on motions, jumps, cheers, stunts, and dance with a strong emphasis on safety and proper technique.

Days are structured with instruction, breaks, meals, and fun activities. Athletes also participate in a showcase, offering a glimpse of performing in front of a crowd.

Apparel & What's Included

Overview:

Matching outfits are provided for each day of camp and are included in the camp fee.

Athletes Will Receive:

- Cheer bow
- Cheer shorts
- Camp Castaway T-shirt
- Team tank top
- Registration shirt*

*Registration shirt is often used as part of WBC team apparel during the season.

**Athletes are expected to have cheer shoes, black shorts, and a black and white sports bra.

Meals, Facilities & Safety

Transportation is provided to and from camp. Camp is held in a supervised environment designed for safety and comfort.

All meals are provided, and athletes stay in supervised lodging and athletic facilities with professional instructors and WBC coaches on-site.

Athletes stay in a clean, supervised dorm environment. Each room houses 2 cheerleaders - roommates are determined closer to camp. Athletes will complete a roommate request survey listing up to three preferred roommates. We use mutual requests to make fair assignments, though not all requests can be guaranteed.

Clear safety guidelines, behavior expectations, and structured downtime reinforce positive behavior and sportsmanship.

Camp Cost & Payment Options

The total cost for ICA Camp Castaway is **\$450 per athlete** (*approximate*).

A **5-month payment plan** and **fundraising opportunities** are available to help offset costs. This breaks down to approximately **\$90 per month**.

Final cost will be confirmed prior to registration once transportation options are finalized.

Fundraising Opportunity

Lou Malnati's Frozen Pizza Fundraiser

How It Works:

- Sell frozen pizza vouchers for **\$20 each**
- **\$10 earned per voucher** goes toward camp costs
- Fundraiser opens **February 2026**

Team Bonding & Culture

Camp focuses on building strong connections across grade levels and growing beyond cheer skills.

Through team challenges and shared experiences, cheerleaders build trust, confidence, responsibility, and independence while setting expectations for teamwork and effort.

Next Steps

What Families Should Do Now:

- Save the dates: **June 4–6, 2026**
- Watch for registration and fundraising details
- Reach out to WBC with questions - cheerevents@bulldogyouthsports.org



Castaway Itinerary

June 2025

MONDAY		TUESDAY		WEDNESDAY	
GROUP ONE	GROUP TWO	GROUP ONE	GROUP TWO	GROUP ONE	GROUP TWO
		Breakfast - Cafeteria (Wehr) 7:00-7:45 am	Breakfast - Cafeteria (Wehr) 8AM-8:45 am	Breakfast - Cafeteria (Wehr) 7:00-7:45 am	Breakfast - Cafeteria (Wehr) 8AM-8:45 am
		Training Session - 8:00am-11:00am	Training Session - 9am-12:00 pm	Tarble Arena 8:00am-11:00am	Training Session - 9:00am-12:00 pm
ALL TEAMS ARRIVE 12:30	ALL TEAMS ARRIVE 12:45				
		Lunch - Cafeteria 11:15-12:30pm	Lunch - Cafeteria 12:30pm -1:30pm	Lunch - Cafeteria 11:15-12:00pm	Coaches to clear dorms, collect keys, get luggage to bus, & checkout.
Welcome to Camp - Tarble Arena 2pm-3pm	Welcome to Camp - Tarble Arena 2pm-3pm	Training Session - 1:00pm-4:30pm	Training Session - 2:00pm-5:30pm	Coaches to clear dorms, collect keys, get luggage to bus, & checkout.	Lunch - Cafeteria 12:30pm-1:15pm
				Showcase - Tarble Arena 2:30pm	Showcase - Tarble Arena 2:30pm
Training Session Begins - Tarble Arena 4pm-6:00pm	Training Session Begins - Tarble Arena 4PM-7:00pm			END OF CAMP	END OF CAMP
Dinner - Cafeteria 6:15-6:45pm	Dinner - Cafeteria 7:15-7:45pm	Dinner - Cafeteria 4:30-5:15pm	Dinner - Cafeteria 5:30-6:15pm		
		Libby's Lip Sync Challenge 7:30PM-9:30PM	Libby's Lip Sync Challenge 7:30PM-9:00PM		
MOVIE NIGHT 8:30PM-10PM	MOVIE NIGHT 8:30PM-10PM				



CAMPUS MAP - MASTER MAP



CARTHAGE COLLEGE
 800-351-4058
 carthage.edu/visit

CAMPUS MAP



● BUILDINGS/FACILITIES

Admissions (Lentz Hall-4th floor).....	13
Art Gallery	17
Art Keller Field	23
Augie Schmidt Field	11
Bookstore (Barnes & Noble)	24
The Caf.....	22
Campbell Student Union.....	24
(A. W.) Clausen Center for World Business.....	5
(Walter) Fritsch Meditation Chapel. .	12
Hedberg Library / Einsteins Bagels	14
(H. F.) Johnson Center for Fine Arts	17
Art Gallery, Recital Hall, Visual and Performing Arts Lab	
Sand Volleyball Court	16
Lentz Hall.....	13
Leonard Entryway / Main Entrance	7
(Joan C.) Potente Meditation Chapel	27
Recital Hall.....	17
Science Center.....	10
Sesquicentennial Plaza	7
(A. F.) Siebert Chapel.....	15
Smeds Tennis Center.....	2
Softball Field	3
(David A.) Straz, Jr. Center for the Natural and Social Sciences	9
Tarble Arena	19
TARC (N. E. Tarble Athletic and Recreation Center) .	20
Todd Wehr Center	22
Red Bridge	6
Visual and Performing Arts Lab (VPAL)	17
Wartburg Theatre.....	8

● RESIDENCE HALLS

(Henry) Denhart Residence Hall.....	21
(Joseph) Johnson Residence Hall	25
Madrigano Family Residence Hall.....	28
The Oaks Residential Village.....	29
(Pat) Tarble Residence Hall	18
Swenson Residence Hall.....	4
The Tower Residence Hall.....	26

ICA Summer Cheer Camp - Packing Check List / Info

ICA recommends a medium rolling suitcase with a lock.

2 bags MAX - one should be a daypack/backpack. They must be closed - no open tote bags!

<u>Clothing / Footwear</u>	<u>Lip Sync Challenge Outfits**</u>
Registration T-Shirt with black shorts Wear on bus!	5th - "Baby One More time" - White tank top <i>WBC providing plaid Skirt</i>
2024 Game Bow - Any new cheerleaders will receive with their camp wear! Wear on bus!	6th - "Crazy" - Black flares or leggings <i>WBC providing green tank</i>
Black "You will Hear Us" Tank Top / Black Paw Print Cheer Shorts / Camp Bow - Will be included with camp wear.	7th - "Oops, I did it again" - red tank <i>WBC providing silver skirt</i>
Black Athletic Shorts (2 pair)	8th - "Stronger" - black tank & black leggings <i>WBC providing accessories</i>
<u>Lip Sync Outfits**</u>	<u>Dorm Necessities</u>
Sports Bra (2 - one black or grey racerback for tank - no regular straps allowed)	Pillow w/ Pillowcase
Underwear (5-6 pair)	Twin XL Sheets - Flat and/or Fitted - or a larger flat sheet works!
White No-Show Socks (5-6 pair)	Blanket
Pajamas for 2 nights	Snacks
Robe / Cover-up to go to/from showers	Wash Cloth (1-2)
Cheer Shoes	Face Towel
Gym Shoes	Body Towel
Flip Flops/Crocs	Insulated Water Bottle - Labeled with Name
Lounge Wear (2 Outfits)	<u>Optional Items</u>
1-2 Sweatshirts	Phone & Charger
White Dress/Outfit for Team Photo	Portable Speaker
Cheer Backpack to carry to all practices	Lysol Wipes
<u>Hygiene</u>	Fan - rooms are not air conditioned
Bag / Basket for Shower Area	<u>Bus Schedule</u>
Shampoo	PICK UP & DROP OFF @ Wauconda Township Building 505 W. Bonner Road, Wauconda, IL
Conditioner	Friday, June 7th - Drop off no later than 11 am Bus will depart around 11:15am ***Will need help loading luggage***
Body Wash / Soap	Sunday, June 9th - Pick up at the Wauconda Township Building around 5 pm
Toothbrush	We will message when we leave the campus!
Toothpaste	<u>Meals / Snacks</u>
Deodorant	Friday - Bring a sack lunch + snack
Hair Spray	Friday (dinner), Saturday / Sunday - College Cafeteria
Hand Sanitizer	**please bring a bag of candy for candy salad**
Hand Soap	Beverages - Bottled Water delivered to room daily
Blow Dryer	Snacks - Bring / Purchase / Popcorn Free (fri night)
Pony Tail Holders / Bobby Pins	
Straightener / Curling Iron	
Feminine Products	
Lip Balm	
Sunscreen	
Bug Spray	
Band-Aids	
Medication - Tylenol / Advil / Excedrin - Please discuss this with coaches prior to taking.	

CAMP CASTAWAY



BACK TO THE BEACH
SUMMER SPIRIT CAMP 2026
CARTHAGE COLLEGE - KENOSHA, WI

JUNE 4 - 6, 2026



Why Camp Castaway?

- Open to all incoming 5th, 6th, 7th, and 8th graders
- A fun and impactful way to kick off the cheer season
- Led by **professional instructors**
- Focused on skill development, teamwork, and leadership
- A tradition many cheerleaders remember for a lifetime

Camp Experience

Camp Castaway is held at the beautiful Carthage College in Kenosha, WI. Dorms often offer views of the lake, as the beach shores sit right outside the window. Camp helps new cheerleaders build confidence and returning athletes sharpen skills.



- All meals included
- Clean, supervised dorm-style lodging
- On-site athletic facilities
- Dedicated camp counselors and staff + WBC Coaches
- Safe, structured, and age-appropriate environment
- Structured downtime and activities
- Trained security guards in each dorm building

What Athletes Will Learn

STUNTS

Trained, professional coaches work one-on-one with our squads to work on age and level appropriate stunts and pyramids.

PERFORMANCE SKILLS

Never performed in front of a crowd before? Showcase gives athletes a glimpse into what a competition performance might feel like!

MOTIONS

Strong motions are the backbone of any routine. Camp allows athletes to learn a new dance, work on motion control, as well as practice jumps and tumbling.

Day 1 outfit



Day 2 outfit



Day 3 outfit



What to Wear

Matching outfits are provided for each day of camp

✓ This cost is included in your camp fees

Athletes will receive:

- Cheer Bow
- Cheer Shorts
- Camp Castaway T-Shirt
- Team Tank Top
- Registration Shirt*

Black short, sports bras, and cheer shoes are required. A full packing list will be available once registration has closed.

Building Bulldogs

Camp is the ultimate team-bonding experience!

- Team challenges and bonding activities
- Leadership and trust-building
- Connections across grade levels
- Strong team culture before the season



\$450*

Cost per athlete

FUNDRAISING OPTIONS
AVAILABLE

5

months to pay
\$90/month

3

Days of Professional
Coaching & Instruction

1

Unforgettable
Experience



Invest in Your Athlete

Camp Castaway is designed to give every cheerleader a **head start on the season**, with **professional coaching**, **team bonding**, and **fun activities** packed into **three unforgettable days**. We want **every athlete to attend**, so **flexible payment plans** and **fundraising opportunities** are available to help make camp accessible. **Your investment in camp** ensures your cheerleader will be **prepared, confident, and ready to shine** this season!

** Cost is approximate while
transportation options are finalized.*



Fundraising Option

This is a simple, optional fundraiser families can use to help offset camp costs.

HOW IT WORKS

Begins March 1, 2026

- Sell Lou Malnati's frozen pizza vouchers
- \$20 per voucher
- \$10 earned per voucher toward camp costs





What's next?

SAVE THE DATES: JUNE 4–6, 2026

Watch for registration details

Reach out with questions

Let's make this a summer to remember!

WE HOPE TO SEE EVERY ELIGIBLE BULLDOG CHEERLEADER THERE!