

REGISTRATION INFO:

2025 MIDDLE SCHOOL CLINIC,
held at Linganore High School.

Register online at

<https://cheer.lancersportscamps.com>

Deadline to register, April 25th



Clinic Directors:

- Amy Rumburg: Varsity Head Coach and the 2023-2024 State Spirit Coach of the Year
- Jean Davis: Assistant Coach and JV Head Coach

The LHS cheerleaders, along with additional LHS cheer coaches, will also be present, contingent upon availability. The coaching staff collectively boasts over 30 years of cheerleading experience.

Accolades:

- 5-time State Champions
- 12-time Regional Champions
- 18-time FCPS Champions
- Back-to-Back State Champions Fall 2023 and 2024

CONTACT:

Coach Amy Rumburg
arumburg@gmail.com



MISSION

The goal of this clinic is to promote the sport of cheerleading and to encourage and help student athletes to improve their skills.

"Linganore Cheerleading is committed to excellence on and off the mat"

LINGANORE CHEERLEADING MIDDLE SCHOOL CLINIC

May 12-14 2025

5:00pm-8:00pm

Open to current

6th-8th grade students

Cost:

\$60

Cost includes a tshirt

SPONSORED BY LINGANORE HIGH
SCHOOL SPORTS BOOSTERS
12013 OLD ANNAPOLIS RD
FREDERICK, MD 21701



FALL 2024 3A STATE CHAMPIONS



Disclaimer:

This event is not sponsored or endorsed by the Board of Education of Frederick County, the Superintendent, FCPS, or LHS

Attention Parents/Guardians:

You agree that in case of an accident involving this camp, you release the Linanore Cheer Clinic and its staff from any and all liability. You understand that every precaution will be taken to provide a safe environment and authorize the clinic staff to act for you according to their best judgement in the event your child needs emergency medical attention. Furthermore, you understand that the Linanore Cheer Clinic/Staff DOES NOT provide medical coverage and that it is your responsibility to do so and that the Linanore Cheer Clinic is not a licensed day care provider

proceeds from the clinic may be used to pay coaches



LINGANORE CHEERLEADING

CLINIC INFO:

May 12-14, 5:00pm-8:00pm

Location - Linanore High School Gym
12013 Old Annapolis Rd, Frederick , MD 21701

Come work with the State Champion LHS Coaches and cheerleaders. We will work on:

- Stunts
- Tumbling
- Jumps
- Cheers
- and more

What to wear:

- Athletic clothing, athletic shoes (cheer shoes preferably)
- Hair to be pulled back from face
- No jewelry
- Please bring water
- Each participant will get a t-shirt