

2018 NHS SUMMER CHEER CLINIC

The 2018 Summer Cheer Clinic is designed for any child in elementary through middle school (ages 5-14) who is interested in learning more about cheerleading.

The clinic will focus on cheers and dance routines designed for all participants and skill levels. The NHS cheerleaders will help the participants work on their motions, jump technique and basic stunting skills. Participants will be broken up into small groups by grade level for instruction.

During stunt sessions, participants will be taught proper techniques for building stunts and pyramids, as well as safety and spotting. Participants will be broken into small groups by grade level and ability. Participants will also have the opportunity to incorporate their tumbling skills into cheer and dance routines.

Whether you are an experienced cheerleader or a beginner, the NHS Summer Cheer Clinic is for you!

Event Schedule

Register by Wednesday, June 13th to receive a Raider Cheer Clinic T-shirt.

Monday June 25th – Wednesday June 27th

- 9:00-9:15: Clinic Check-in and warm-up
- 9:15-9:45: Cheer Class
- 9:45-10:05: Jump Class
- 10:05-10:35: Dance Class
- 10:35-10:45: Water break/snack

- 10:45-11:30: Stunt Class (middle school)

- 10:45-11:15: Stunt Class (elementary school)
- 11:15-11:30: Game (elementary school)

- 11:30-12:00: Cheer/Stunt Incorps
- 12:00-12:10: Water Break
- 12:10-12:40: Dance Class
- 12:40-1:00: Review



What to bring & What to wear:

- Water Bottle
- Snack for break
- Shirt, shorts, athletic style shoes

Registration forms & money can be turned in to the Navarre High School Front office, Coach Anna Bagley or Coach Alex Sherman. Deadline for 'on time' registration is Wednesday, June 13th.

Late registration will be accepted with a \$10 late fee.

T-shirts may not be available with late registration.

Summer Cheer Clinic Registration Form

Please Circle T-Shirt Size

Youth: S M L or Adult: S M L XL XXL

On-Time Registration Fee - \$50.00

Late Registration (after June 13th) - \$65.00

Cash: _____ Check (payable to NHS): _____

Name: _____ Age: _____ Last grade completed: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Parent Name(s): _____

Daytime parent contact: _____

Emergency contact name: _____ Emergency contact number: _____

Cheerleader who referred you: _____

Participant Waiver Form

Although every effort will be made to ensure the safety of all clinic participants, it is clear that Navarre High School and coaches are not responsible for any accidents that may occur during the clinic as a result of participation.

By signing this waiver I will accept sole and complete responsibility for any and all bodily injuries to _____ (name of child) arising out of his/her participation in this activity, including travel to and from this activity. This release is not to be considered as a release for bodily injuries caused by gross negligence or intentional torts on the part of the Santa Rosa County School System, its agents, or its employees.

Parent Signature

Date

Cheer Safety

Our Main Goal is safety. Prior to any instruction, the clinic begins with a progressive hands-on safety seminar designed to emphasize the correct techniques for spotting. With proper instruction and encouragement, we can help your squad achieve the skills and confidence necessary to be consistent and safe stunters. While emphasizing the need for close communication and cooperation, effective safety and spotting, and proper mounting and dismounting, our cheerleaders will lead your squad to new heights.