

# Cheerleading Clinic



Sponsored by the Southington Knights Cheerleaders

The SHS Cheerleaders are proud to present the 11<sup>th</sup> annual one-day clinic for students in grades 1-8.

**No experience necessary!**

The clinic will focus on skill development, including:

- Warm-up dance
- Motion drills
- Safety tips
- Private coaching/review
- Jumps
- A sideline cheer
- Partner stunts

**Monday, October 10, 2016 (Columbus Day)**

Sign-in 8:45-9:30 am      Clinic begins at 9:30 am sharp!

**Southington High School Gymnasium**

**\$45 per child**

(includes pizza for lunch, drink, snack, and T-shirt)  
(if you prefer, you may provide your child with a bag lunch)

- Pictures will be taken the day of the clinic and can be purchased for \$5 each**
- At 2:30 pm there will be a short presentation of skills learned. Family and friends are invited to attend!
- Children are grouped by grade
- Participants must come dressed for activity (T-shirt, socks, and sneakers)
- For safety purposes we ask no jewelry be worn and please keep nails short
- Please bring a water bottle
- There will be merchandise and baked goods available for purchase
- Please bring a non-perishable food item to be donated to the Southington Food Pantry
- For additional information, contact Gina Drena at 860-518-2750 or [gina\\_newhart@yahoo.com](mailto:gina_newhart@yahoo.com)

Please complete this registration form and mail it with a check payable to SKCBC.

Mail to: Southington Knights Cheerleading Booster Club (SKCBC), P.O. Box 932, Southington, CT 06489

**Please mail no later than October 1, 2016**

A \$5 late fee will be charged for all registrations post-marked after Oct. 1, and for day-of-clinic registrations.

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Emergency phone: \_\_\_\_\_

Health conditions: \_\_\_\_\_

Parent email: \_\_\_\_\_

I give my permission for my child \_\_\_\_\_ to participate in the SHS Cheer Clinic.

I authorize the staff to act for me according to their best judgment, and I agree to hold them harmless against any injury.

Signature of parent /guardian: \_\_\_\_\_

**Shirt size (circle one)**

Child size:	Small	Medium	Large
Adult size:	Small	Medium	Large