

Centralia High School Cheerleading Clinic 2018

The CHS Varsity Cheerleaders are hosting a cheerleading clinic for students in **grades K-8.**

The purpose of this clinic is to teach cheerleading skills necessary at the high school level.

Participants will focus on motion technique, jump technique, stunt safety as well as learn a routine that will be performed at half-time of the JV game on Saturday, February 10 against Mater Dei.

- **Cost of Clinic** – \$35 (Includes a camp t-shirt and bow)
These will be worn during the performance. Participants will also need a pair of black shorts for the performance.
 - **Clinic Dates** – Monday, February 6; Tuesday, February 7; and Wednesday, February 8 in the cafeteria. **NO CLINIC THURSDAY!**
K-3 grades: 5:00-6:00 4-8 Grades 6:30-8:00.
 - Check-in will begin at 4:45 for grades 1-3 and 6:15 for grades 4-8 each night. *No earlier please.*
 - Due to space limitations for the practices, we ask that parents please do not stay at the clinic Monday, Tuesday, and Wednesday.
 - Participants need to meet in the cafeteria at 6:15 to practice on February 10 before show time! Our performance will be at about 6:30-6:45 that night.
 - Contact Coach Jennifer Arning at jarning@centraliahs.org or 532-7391 ext 2058 with questions.
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Thanks for supporting CHS Cheerleading!

CHS Cheer Clinic Information Form and Waiver

Name of Participant: _____

Parent/Guardian: _____

Mailing Address: _____

Phone Number: _____

Emergency Contact & Number: _____

Shirt Size: YS YM YL S M L XL (Circle One)

Grade School Attending & Current Year in School: _____

I authorize _____ to participate in the 2018 CHS Cheerleading Clinic and release Centralia High School, coaches, cheerleaders, and staff from any injuries obtained during the clinic or performance.

Parent Signature: _____

Date: _____

Make Checks Payable to CHS Cheerleading

Mail to: Coach Jennifer Arning
Centralia High School
2100 East Calumet Street
Centralia, IL 62801

****Please note for Forms and fees dropped off in the main office: We are unable to make change or give receipts.**

Information sheet and check must be received **no later** than **Monday, Jan 29!**