

AMHERST CHEER CLINIC
August 4, 5, and 6 9:30am- 2:00pm

- * Located across the street from Amherst-Steele HS. (During inclement weather we will probably be in the HS).
- * Participants must be entering Kindergarten
- * Your child will be learning sideline chants, cheers, and dances. They also may be taught cheerleading jumps, cartwheels, etc. Teambuilding games and other fun activities fill the rest of our schedule. Please be assured that your child's safety is our #1 priority.
- * Please wear appropriate clothing- shorts, T-shirts, supportive athletic shoes, and socks.
- * Please bring a healthy sack lunch and drink. Drinks with sugar attract bees- **water is preferred!!!!**
- * Please put your name on **EVERYTHING**.
- * Day 1- Do not arrive before 9:15. The high school cheerleaders will be practicing until then.
Day 2- "Crazy Spirit Day"
Day 3- Green and Gold Day. We will also be having a performance for you to come watch your children, starting around 1 PM. They will go by grade/group and perform a portion of what they have learned.
- * The Varsity game they will be cheering at is Friday September 3rd, at 7:30 PM. If there is inclement weather, the rain date is scheduled for Friday September 17. We will have them do the cheers they learn at the clinic during the 2nd quarter of the game. They are to arrive in the T-shirt they receive at the clinic and a pair of black pants (or black shorts if it is particularly warm). If it is chilly, please layer a white turtleneck under the T-shirt. Hair should be pulled back. On the day of the game, we will be meeting in the high school lobby (located by the main (basketball) gym). Please arrive between 6:45 and 7:00, so the high school cheerleaders can review the material with them before they take their reserved seats for the game.
- * Game tickets for parents, friends, and other family members should be purchased on the last day of the cheer clinic to alleviate any long lines at the gate. Please bring exact change. Tickets are \$6 each.

* Please turn in the bottom portion of this sheet, your child's T-shirt size (Youth- small, medium, large; or Adult- small, medium, large. We will try to see that you get the size you ordered or something close to it! If you do not circle a t-shirt size, we will go with the most common size for that grade), completed medical form, and the \$40 registration fee (checks written to "Amherst Cheer Clinic") **BY June 30th**. The clinic will be limited to the first 150 participants to register. *Remove top portion and keep for your records*

MAIL TO:

Sarah Rigda
Amherst Steele High School
450 Washington Street
Amherst, OH 44001

I give permission for my child to participate in the ASHS Cheer Clinic, August 4, 5, and 6. I have read the above and understand what my child will be doing, and that any type of injury is always possible, no matter how careful. I also have read and completed the Emergency Medical Form. I do not hold the Amherst School District or any of its personnel responsible in the case of accident or injury at any time.

PRINT child's name

Parent or Guardian's Signature

T-shirt Size: **Y- small** **Y- medium** **Y- large** **A- small** **A- medium** **A- large**

Grade Entering _____

MEDICAL INFORMATION FORM

Name _____

Address _____

Phone _____

Please note if any of the following relate to you:

_____ Asthma _____ Diabetes _____ Bee Stings

1. Are you taking any kind of medication? _____ If yes, what kind? _____

2. Are you allergic to specific medication? _____ If yes, what kind? _____

In case of an emergency do you give your permission for school authorities to use their own judgment in sending your child to the hospital or doctor most easily accessible before parents are reached. _____ YES _____ NO

X Signature _____

Name of Family Physician _____

Office Phone _____ Home Phone _____

Hospital _____ Phone _____

Medical Insurance Company _____

Policy Number _____

Phone where you can be reached in case of an emergency.

Home _____ Work _____ Cell _____

NOTE: This medical information will be used during our clinic. If at any time any of this information changes, please make sure we are notified with new information. This information will be considered confidential and will only be used by the coaching staff and proper medical authorities.