



1 Day Better Youth Football Camp

ADMIN ONLY: AGE _____ # _____

The 1 Day Better Cheerleader Camp conducts a day filled camp during the summer designed to teach the fundamentals of cheering. Boys and girls ages 5-14 are eligible for participation. The Youth Camp is, providing a fun learning experience for all campers. Each should bring money for lunch and or a lunch from home. This camp is designed to improve a child's skill on the beginning, intermediate or advanced skill level. Fundamentals of cheering are taught in addition to life skills such as respect, responsibility, sportsmanship, teamwork and the importance of education. Participants are grouped based on age and skill level.

The 1 Day Better Cheerleader Camp is designed to provide young cheerleaders with a solid foundation of the fundamentals of the cheering. The camp is run by volunteers of the *1 Day Better* coaching staff. Check-in takes place between 8:30 and 9:00AM and the camp itself runs from 9:00AM to 3:00PM.

Available:

*1 Day Camp: \$10.00 for the week: Session June 23 (Potentially Week Long- TBA)

Campers are able to enjoy a day filled with cheerleading routines, stances and activities.

*Individual Routine competition: \$5 per person

There will be 5 age groups (5-6, 7-8, 9-10, 11-12, and 13-14) for per competition.

Each winner per group, per competition will receive an award for winning

LOCATION AND FACILITIES:

1 Day Better Cheerleader Camp is located: Rogers High School

CAMP CHECK-IN/PICK-UP:

1 Day Better Cheerleader Camp Check-In/ Drop Off and Pick Up will be at the location of the camp.

LUNCH/REFRESHMENTS:

Please pack a lunch for camper each day. However, there will be concessions stands available for campers to purchase lunch.

There will be hydration stations set up on the field to keep campers hydrated throughout the day.

WHAT TO BRING:

Depending on the weather, all campers should wear a t-shirt, athletic shorts potential outdoor cheerleading shoes. During the afternoon portion of camp there may be a SLIP and SLIDE for campers if weather permits, please have an extra shirt/towel available.

WHAT TO EXPECT:

A short spirit dance routine will be taught. Beginner level Gymnastics skills for the field will optional to be worked on, as well as stunting with a group. Awards will be given for great performances, showmanship and technique.

Age appropriate fundamental cheerleading and dance skills including cheerleading motion technique, dances, jumps, tumbling and stunts will be presented in a safe environment. There will be lots to do including confidence-building activities and of course cheers and dances daily. Participants will be assigned a big buddy that will work one on one with them to ensure a quality camp experience.



1 Day Better Youth Cheerleader Camp

Participant's Name (Last, First) _____

***A separate waiver is needed for each participant per camp.**

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in the *1 Day Better Cheerleader Camp* that I have enrolled my child in, as listed on the Registration Form; hereinafter called "*1 Day Better Cheerleader Camp*", I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** *1 Day Better Cheerleader Camp*, its officers, employees, the facility and agents from liability from any and all claims including the negligence of *1 Day Better Camp*, its officers, employees and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

Signature of Parent/Guardian of Minor _____ Date _____

Signature of Participant _____ Date _____

Assumption of Risks: Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activity. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD 1 Day Better Cheerleader Camp HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Ohio and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor _____ Date _____

Signature of Participant _____ Date _____ Age _____



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LIABILITY WAIVER FORM:

We must have a signed waiver form on file for each camper. These forms are available at the registration desk. If a parent is accompanying a camper at check in, you may complete the forms at check in.

CAMPERS WILL NOT BE ABLE TO PARTICIPATE WITHOUT A SIGNED MEDICAL RELEASE FORM and A SIGNED RELEASE OF LIABILITY FORM.

INSURANCE AND MEDICAL CARE:

Professional certified trainers are available at all camp sessions. Each camper must be covered by his or her parent's medical insurance. A certified Nurse is on duty at all physical activities during the day. If your son is injured and needs to be taken to Emergency, we will attempt to contact you first. If we are unable to contact you immediately, your child's safety is our first concern and he will be taken to the proper medical facility. Please inform camp directors of any medical needs of camper that may need special attention and provide us with instructions. Please pack any medication he/she may need.

REFUND POLICY

If a player is registered for camp and is unable to attend (personal or medical), a notice of cancellation must be received ONE WEEK prior to the camp start date. If notification of cancellation is received before the specified time, camp fees will be refunded. If notification of cancellation is not received before the specified time, camp fees will NOT be refunded.

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SCHEDULE

8:30-9:00 AM Check-In / Registration	12:00- 1:00 PM Dance/Cheer- Routine
9:00-9:20 AM Warm-up	1:00-1:30 PM Split FOR Individual Competitions/ Advance Cheerleader Station
9:20-10:00 PM Opening Demonstrations (Motions, Jumps, Projecting,)	1:30-2:00 PM Pyramid
10:00- 11:00 PM Custom Sideline Instructions	2:00-3:00 PM Combined Aged Group Routine Competition
11:00-12:00 PM Safety Awareness / Spotting / Stunt	3:00 PM AWARD/DISMISSAL

- Curriculum targeted to ages 5-14 Keeps participants engaged and attentive
- Cheer Fundamentals - Learn and review proper motion technique
- Safety - Spirit Spot Activity and Stunt S.A.F.E
- Skill Checks and plenty of time to perfect innovative stunts - start with the basics and progress at the campers' pace
- Youth Spirit Dance - taught in two parts for easy learning
- Individual Camper Ribbons, including: Careful Climber, High Jumping, Super Leader, Effort/Energy/Enthusiasm, Marvelous Motions, Dynamic Dancer