

Nutley High School Cheerleading 2018 Summer Recreation Camp



*Come learn motions, cheers, stunting & safety
from the NHS Cheerleaders!*

When: July 24, 25, & 26

Where: Nutley High School Oval

Time: 9:00 AM-12:30 PM

Price: \$75 per cheerleader

Checks made payable to:
"Nutley High School Cheerleading"

Open to all Nutley 1st-8th graders

Please send completed form and payment to:

NHS CHEER CAMP

PO Box 14

Nutley, NJ 07110

**Registration/Payment will be accepted on first day of camp.*



Emergency Contact Information (Please Print):

Child's Name: _____ Grade _____

Parent/Guardian: _____

Address: _____

Phone Number: _____

The named applicant is in good health and has my permission to participate in this program. In the event of an emergency requiring medical attention, I hereby grant permission to the medical personnel designated by the camp to attend to my child. I, the undersigned, hereby waive any claims arising out of my child's participation in the camp and agree to indemnify and hold harmless the Nutley High School, the Nutley Athletic Department, the Nutley B.O.E, and any of their agents and employees from the claim for injury occurring to my child during his/her participation in the camp or while at the camp site.

Parent Signature: _____ Date: _____

Approximate Daily Time Schedule:

9:00-9:30 Check-In/Stretch/Warm Up

9:30-11:30 Skill Rotation (Jump/Tumble/Stunt/Dance/Cheer/Motions/Games)

11:30-11:50 Snack Break

11:50-12:15 Skill Performance by Rec. Cheerleaders/NHS Cheerleaders

12:15-12:30 Cool Down

What to Wear/Bring:

- Comfortable athletic clothing (t-shirt/shorts)
- Hair in pony tail
- Sneakers (Cheerleading sneakers preferred but not required)
- Water bottle (Will provide water jugs to refill)
- Sun Screen!
- Snack