



Metea Valley Cheerleading Clinic



For children K - 8th grade on Tuesday September 19th – Friday September 22nd at Metea Valley High School

Join the Fun

The Metea Valley JV and Varsity Cheer teams will be hosting a 4 day clinic for K-8th grade children. At the Metea Valley future cheerleading clinic, your cheerleader will learn motions, cheering, dance, tumbling, and jumps. The children will be broken up in groups by age to learn different skill sets, so it will benefit our very beginning cheerleaders to learn the basics of cheer, all the way to the older cheerleaders who are getting ready to tryout for their high school teams. They will have a lot of fun and get performance experience at the halftime of an MVHS football game.

Registration – Due no later than 9/12/17

There is limited space so please register as soon as possible to ensure a spot for your future cheerleader! Complete the registration form on this flyer and provide payment of \$60 (cash or check payable to MVHS Cheer). You can turn your form in to a current MVHS cheerleader, drop it off Monday – Friday 8/18 – 9/12 at the MVHS front office from 7:00 a.m. – 3:00 p.m. (c/o Lisa Braheny), or bring it to our practice in the commons (athletic entrance door #19) from 3:00 p.m. – 5:00 p.m. on 8/21, 8/24, 8/25, 8/28, 8/31, 9/6, 9/7, 9/8, or 9/11.

Clinic and Performance Dates and Time

Date	Location	Time
Tuesday September 19 th	Commons (Athletic Entrance door #19)	5:00 – 6:30 p.m.
Wednesday September 20 th	Commons (Athletic Entrance door #19)	5:00 – 6:30 p.m.
Thursday September 21 st	Commons (Athletic Entrance door #19)	5:00 – 6:30 p.m.
Friday September 22 nd	Commons/Football Field	5:00 – 6:15 p.m.

Attire

Clinic attire: athletic wear – tshirt/tank top, shorts, athletic shoes. Hair in pony tail, out of face.

Performance attire: Cheerleaders will receive a Metea Valley Cheerleading t-shirt and bow to wear for the performance on Friday. Please wear black shorts or pants and athletic shoes.

Questions

If you have any questions please contact Coach Braheny at lisa_braheny@ipsd.org (630) 375 – 5900 ext. 4578

Pick up/drop off Information

Clinic Days: Cheerleaders should be dropped off 4:45 p.m. at the athletic doors #19 for practice on clinic days 9/19 – 9/21. Clinic will start at 5:00 sharp.

Performance night: Cheerleaders should be dropped off at athletic entrance, door 19 to pick up their t-shirt and bow to review for performance. Their performance will be at halftime of the sophomore game, roughly around 5:45 p.m.

Guest performance viewing: Any guests coming to see the performance will also meet us in the commons and walk to and leave the field with us back to the commons.

Metea Valley Cheerleading Clinic Registration
\$60 participation fee cash or check made payable to MVHS CHEER

Contact Information

Future Cheerleader Name: _____

Address: _____

Age: _____ Grade: _____ School: _____ **T-shirt Size:** _____

List Any Health Concerns: (asthma, allergies, etc.) _____

Parent/Guardian's Name: _____

Email: _____

Home Phone: _____

Parent's Cell Phone: _____

Emergency Contact: _____

Emergency Phone: _____

Parent Permission and Authorization

We hereby consent for _____ to attend the Metea Valley Future Mustang cheer clinic and football game on 9/19, 9/20, 9/21, and 9/22. If we cannot be reached in the event of an emergency, we also give consent for the school to obtain, through a physician or hospital of its choice, such care deemed necessary by a physician for the treatment of my child should an injury occur.

Name of Insurance Company: _____

Policy Number: _____

Parent/Guardian Signature: _____

Date: _____

-----*To be completed by Metea Valley Cheer Staff at time of registration*-----

Payment of \$60 Received: Cash _____ Check Number _____

Referred by _____

