

**NHTI
CHEERLEADING
CLINIC
2009**



Come Cheer With Us!

December 12, 2009

At NHTI in Concord

Wellness Center!

9 AM - 3 PM

**Demonstration for
Families from 1-3PM**



NHTI Athletic Department

Attn: Casey Nameche
31 College Drive
Concord, NH 03301
cname@csd.k12.nh.us

**2009 Printable NHTI Spirit Clinic
Registration Form**

Name: _____

E-Mail Address: _____

Address: _____

Town/City/Zip: _____

Emergency Phone #: _____

Home Phone #: _____

School: _____

Coach: _____

Parent's/Guardians Name: _____

Address: _____

Campers Age: _____ Camper's

Grade: _____

I hereby give my permission for _____ (name) to participate in the clinic at NHTI on _____ (date). My son/daughter is in good physical condition and I understand that he/she will participate in rigorous activity and play. The clinic is sponsored by the NHTI Athletic Department! Event staff will safeguard the event, but, will not be responsible for accident or sickness. I hereby request that my child named above be admitted to the NHTI sponsored event and authorize the directors to act for me in any emergency requiring medical attention. I assume responsibility for payment for any such attention. Please indicate

Clinic Date (s): _____ Parent
Signature _____

Mail to: Casey Nameche, NHTI Athletic
Department, 31 College Drive, Concord, NH
03301

Check Payable to: NHTI - Concord's
Community College

**Important information for the camper and
parent to keep**

Directions: NHTI is located at the junction of
93/393 in Concord, NH

Exit 15 East off Rt. 93 and then take Exit 1 off
of Rt. 393 and take a left off the ramp and
follow signs to Wellness Center

No Gum, Jewelry or Candy!

Registration: Crocker Wellness Center lobby!

Campers should arrive 8:50 AM

**Space is limited. Clinic is limited to 30
participants.**

Questions: 603-738-2588 or e-mail to:
cname@csd.k12.nh.us

No Refunds!

****Groups of 6 or more are \$20 per camper.
All forms should be mailed in together to
receive discount.**

Clinic Directors: Coach Casey Nameche
and staff including NHTI Cheerleaders!

**NHTI CHEERLEADING
CLINIC**

Clinic attendees: Boys/Girls in Grades 3-8

Registration Fee is \$25 if received by 12/1/09

Registration Fee is \$35 if received after 12/1/09

A non-competitive environment! All Skill
Levels are Welcome!

Stunt and tumbling progression carefully
monitored to ensure safety

Emphasis on sportsmanship, leadership,
and teambuilding

Wear shorts and sneakers!

**(maroon, white, and/or yellow clothing
if possible)**

Bring a snack and water bottle.

Pizza will be provided for dinner!



CLINIC SCHEDULE

Cheerobics/Stretching

Conditioning

Jump Drills/ Instruction

Cheer/Sideline Class

Stunt Technique

Tumbling Preparation

Dance Class