

# NRC CHEER SQUAD

## \*SKILLS & DRILLS SEASON\*

REGISTRATION DEADLINE: WEDNESDAY, FEBRUARY 12<sup>TH</sup>

**TUESDAYS, FEBRUARY 18<sup>TH</sup> - APRIL 29<sup>TH</sup>**

**(NO CLASS ON TUESDAY, MARCH 18<sup>TH</sup>)**

**TUESDAY PRACTICES 4:30 PM - 5:45 PM**

**GAME PERFORMANCES - DAY/TIMES TBD**



The NRC Cheer Squad is designed to give young participants the opportunity to cheer and perform at NRC sports functions (Flag Football, Basketball, and Indoor Soccer) and to represent NRC when required during the enrolled cheer session. This 10-week session is designed for current NRC squad members or any potential new members serious about cheerleading and who wish to excel in tumbling and stunting. The session will focus specifically on tumbling skills and technique, as well as basic and intermediate stunts and stunt variations. It will be a high energy, but fun training session geared toward athleticism. The Spring Cheer Squad Skills & Drills Training will have the opportunity for 2 halftime performances during the Indoor Soccer League.

**FEE:** \$75; includes T-Shirt, Hair Bow and Bag

*A \$15 refundable deposit is required to check out your cheer skirt and notebook, due at time of registration.*

**AGES:** 1st grade and up

**LOCATION:** NRC Santa Fe Room/NRC Gymnasium

**MINIMUM ENROLLMENT:** 10 **MAXIMUM ENROLLMENT:** 15

**NOTE: PARENT MEETING AT 5:45 PM ON THE FIRST DAY OF EACH SESSION.**

### NRC CHEER SQUAD SKILLS & DRILLS SEASON REGISTRATION FORM

RETURN TO: YOUTH SPORTS; NEWTON RECREATION COMMISSION; 415 N. POPLAR; NEWTON, KS 67114

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PHONE: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE: \_\_\_\_\_

**IF YOU WOULD LIKE TO RECEIVE TEXT MESSAGES FOR NRC UPDATES AND CANCELLATIONS PLEASE PROVIDE YOUR CELL PHONE PROVIDER (DATA RATES MAY APPLY):** \_\_\_\_\_

SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_ GENDER: **M** **F**

SHIRT SIZE: **YS YM YL AS AM AL** PARENT/GUARDIAN NAME: \_\_\_\_\_

BOTTOM SIZE: **YS YM YL AS AM AL** (THE BEST AVAILABLE SIZE WILL BE PROVIDED; REQUESTED SIZE NOT GUARANTEED)

WE HAVE STARTED A NEW CAMPAIGN FOR OUR SCHOLARSHIP FUNDS. WOULD YOU LIKE TO ADD A \$1 TO YOUR TOTAL TODAY? **Y** **N**

#### PARTICIPATION WAIVER

We, or I, as parent and/or legal guardians of the participant named above, hereby give consent for my minor child to participate in this program and all other activities incidental thereto, including practice, actual participation, being a spectator thereto, and any incidental travel connected with the activity. I further agree to assume full responsibility in case of any accidental injury incurred while participating in this activity. The Newton Recreation Commission reserves the right to use photos of NRC participants for promotional purposes. If you have photos of you or your children participating in NRC activities and would like to share them for possible publication in future program guides please bring the photos by the NRC office.

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_



# CHEER SQUAD RULES

THESE RULES APPLY FOR PRACTICE. ADDITIONAL GAME DAY RULES AND PROTOCOL WILL BE IN CHEER FOLDER GIVEN TO PARTICIPANTS AT FIRST PRACTICE.

- \* Please come to practice prepared. Participants should be on time and in proper clothing.
  - \* All Cheerleaders need to try to arrive at least 5 minutes early to practice. Participants should go straight to the gymnastics room, place their belongings in the designated cubby, sit on the floor and begin stretching while waiting for the coach to start practice. No horseplay or tumbling.
  - \* Cheerleaders need to wear athletic clothing (NO DENIM, leather, or slick materials) and wear sneakers (NO cros, sandals, or boots and nothing with pointed or sharp soles i.e. cleats). Shoes matter when tumbling and stunting. Participants not wearing appropriate attire will not be allowed to tumble or stunt that day at practice.
  - \* NO JEWELRY OR GLITTER. If a participant cannot remove their earrings, athletic tape will be provided to cover it.
  - \* Cheerleaders need to bring a water bottle to practice and games.
  - \* DO NOT play on the equipment before or after practice.
  - \* Parents and siblings are welcome to stay during practices. Siblings do need to be able to sit quietly for their safety and the safety of the squad for the entire practice. The Rec. Center policy is a parent or guardian needs to stay in the building, for children 15 and under. If a parent/guardian prefers to drop off their cheerleader and wait downstairs, it is fine. However, cheerleaders will NOT be dismissed without a parent/guardian present.
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