

2010
**Monroe County
Youth
Cheerleading
Camp**



**Monday July 26 thru
Thursday July 29th 2010
9:30-12:30 am
Ages 3-13**

web.mac.com/xdawg

Monroe County Youth Cheer Camp
will be held at
40 Stace St Suite E
Rochester, NY 14612
(Behind Charlotte Appliance)

Parent Waiver:
I, the parent/guardian of

_____ accept full responsibility for injuries that may occur as a result of participating in the Greater Rochester Cheer Camp.

I agree and endorse participation with the understanding that the camp directors, coaches and the sponsoring agencies are not liable for injuries/harm or medical expenses. My child is in good health and has no physical condition that would prevent him/her from participating in the Greater Rochester Cheer Camp.

I authorize an instructor to administer needed first aid and seek medical attention in case of emergency. I hereby acknowledge that I have appropriate medical/accident & dental insurance coverage for my participating child/children. **Campers are required to provide their own insurance coverage. Accident and health insurance is not provided by this camp.**

Signed:

Print:

Name of Medical Insurance:

Policy

Camp Director

Patty Grosodonia

Coach Grosodonia has over 20 years of cheer-leading experience as a cheerleader, coach, and judge. She coached at the Varsity level for 11 years and placed in the top 5 at Americheer Nationals. She continues to consult for high school and youth programs along with judging youth competitions. Coach Grosodonia teaches 1st and 2nd grade in the Spencerport Central School District.



We believe a low athlete to staff ratio assists in achieving best results. Former high school and youth coaches will be on hand to ensure total participation and safety.



Come join the Fun!

During the week we will focus on the following:

Cheer: motion technique, sideline expectations, cheer and sideline.

Jumps: stretches, proper jump technique, jump drills and a variety of age appropriate jumps.

Dance: Each participant will learn an age appropriate dance.

Stunts: We will cover safety drills, stunting expectations, and the partner stunts will be taught in progression based on levels.

Gymnastics: Participants will be separated based on skill level, strengthening drills, introduction to beginner and intermediate gymnastics.



Registration Form:

Players Name: _____

Address: _____

City/Town: _____

Zip: _____ Phone: _____

Parents Name: _____

Cell/Emergency Phone: _____

Email Address: _____@_____

Age: (as of 1/1/10) _____

Grade: (Sept., '10) _____

School _____ Level _____

Medical information coaches should be aware of : _____

Current youth team: _____

Circle Tee Shirt Size: YS YM YL AS AM AL

Registration fee for Camp is \$75.00

Please send completed form and check payable to Monroe County Youth Cheerleading to:

Monroe County Cheer Camp
565 Raspberry Patch Dr
Rochester, NY 14612

Camp Objective

The objective of this camp is to provide a safe opportunity for young Cheerleaders to experience different aspects of cheerleading. Emphasis will be on providing each participant with sound fundamentals as well as specialty skills.

Camp Policies and Recommendations

- Girls may attend if they are ages 3-13.
- Campers will be divided up according to age and ability.
- We encourage campers to bring a labeled water bottle.
- Sessions will take place in a air conditioned indoor facility.
- Participants must come properly dressed. They must wear sneakers, no jewelry, and comfortable clothing. (no jeans).
- Our staff is highly qualified and will help athletes learn and grow in the sport of cheerleading.

Direct Inquiries to:

Patty Grosodonia

mtgter@aol.com

329-2176

web.mac.com/xdawg