

CHAMPION CHEERNASTICS, LLC.

Cheer Camp RELEASE FORM

This camp will include jumps, stunts, dance, motions, coordination and strength building.

It will be hard work with great results. Remember you only get out of it what you put in, so come to camp each day on time and prepared to give it your best. We will do the same.

Each day of camp will begin at 9am and end at 3pm. We will have a lunch break and each girl is required to bring their own lunch. Only drinks with screw top lids allowed.

We will never ask you to do something beyond your ability level so the words ***"I can't"*** are strictly forbidden.

The sport of cheerleading carries a risk of physical injury. No amount of care, spotters or mats will prevent every injury. Our coaches are trained and certified by the United States All Star Federation and safety certified by American Association of Cheerleading Coaches and Administration. Although we take every precaution to minimize injuries, we do require that all students and parents acknowledge the risk and fill out a release form before participating in any camp.

Students Name _____ Date of Birth _____

Address _____

Phone _____ Email _____

Emergency contact _____ Relationship _____

Emergency Phone Number _____

Insurance Company _____

Policy # _____ Phone _____

Please list any injuries or physical limitations that we should know about prior to participation _____

I, _____ am the parent or legal guardian of _____

I am fully aware that cheerleading involves the risk of accidental injury. I agree to assume liability for all medical costs and other damages resulting from injury to my child. I agree to hold harmless Champion Cheernastics, LLC and its staff.

Student Signature _____ Date _____

Parent Signature _____ Date _____