

Each camper receives a solid foundation in basic cheer fundamentals and techniques.

We welcome:

Jr. All American  
Pop Warner  
CYO  
Individual and Teams  
Elementary Teams  
No Experience Needed

### Camp Schedule (subject to change)

#### Friday, July 17, 2009:

6:15 PM-6:30 PM	Registration
6:30 PM- 6:45 PM	Opening Ceremonies
6:45 PM-7:15 PM	Warm-Ups/Angles
7:15 PM-8:00PM	Advisor Meeting
7:15 PM-9:00PM	Half Time Routine

#### Saturday, July 18, 2009:

8:45 -9:00 AM	Drop Off
9:00-9:30 AM	Warm-up/Jumps/Kicks
9:30-10:15 AM	Half Time Routine
10:15-11:00 AM	Song technique or Gymnastics
11:00-11:45 PM	Cheers
11:45-12:15 PM	Lunch
12:15-1:15 PM	Stunts
1:15-2:30 PM	Review

#### Sunday, July 19, 2009:

10:15-10:30 AM	Drop off
10:30-11:00 AM	Warm-ups/Voice
11:00-11:15 AM	Cheers
11:15-12:00 AM	Halftime Routine
12:00-12:30 PM	Lunch
12:30-1:30 PM	Stunts/Song Technique
1:30- 2:30 PM	Practice for Awards
2:30- 3:00 PM	Awards Ceremony *

\*Family and friends you are welcome to attend!

### Important information...

**When:** July 17, 18, 19, 2009  
Fri. 6:30 PM-9:00 PM  
Sat. 9:00 AM-2:30 PM  
Sun. 10:30 AM-3:00 PM

**Where:** Saint. Joseph H.S.  
5825 N. Woodruff Ave  
Lakewood, CA 90713

**Who:** All girls age 5-14

**What:** An affordable weekend of skill and technique training and a lot of fun.

**Check In:** July 17, 2009 @ 6:15 PM

**What to bring:** Water bottle, athletic shorts, t-shirt and tennis shoes.

**Don't Forget:** To fill out the application and send your registration fee in before July 6, 2009 to receive a discount. After July 6, 2009 the fee is \$70.00. *Full tuition is required with enrollment form.*

**Information:** (562) 925-5073, ext. 166  
Mrs. Vasquez

**Refunds:** There will be no refunds after July 10, 2009.

# Only \$55.00 before July 6, 2009



That's right, simply mail in your application before July 6, 2009 and you go to camp for only \$55.00!

## Camp Highlights

- 📣 Special Performance
- 📣 Camp T-shirt
- 📣 Lunch on Saturday and Sunday
- 📣 Half-time Routine
- 📣 Game Cheers
- 📣 Specialty Workshops
- 📣 Camp Awards

# Saint Joseph Cheer Camp

## July 17-19 2009

At  
**Saint Joseph  
High School  
"Flynn Center"**

For Girls  
5-14 years old

For More Information  
**(562) 925-5073,  
ext.166  
Mrs. Vasquez**

**Saint Joseph Cheer Camp**  
Saint Joseph High School  
5825 Woodruff Ave.  
Lakewood, CA 90713

Registration Form -  Please sign me up for the July 17-19 Cheer Camp at Saint. Joseph High School  
**Mail Your Registration and Check for \$55.00 payable to: *Saint Joseph High School***  
 (After July 6<sup>th</sup> registration fee is \$70.00.)

S. J. H. S. c/o Nicole Vasquez  
5825 Woodruff Ave.  
Lakewood, CA. 90713

Camper's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Birth date \_\_\_\_\_

School, City \_\_\_\_\_

Grade (In the Fall) \_\_\_\_\_

Insurance Name \_\_\_\_\_

Please attach a copy of the provider and policy number.

Work ( ) \_\_\_\_\_

Cell ( ) \_\_\_\_\_

T-shirt: YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_

AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL \_\_\_\_\_

Policy # \_\_\_\_\_

I hereby authorize the staff of Saint Joseph Cheer Camp to act for me, in their best judgment, in any emergency requiring medical attention; and I hereby waive and release the camp and its directors and staff from any and all liability for injuries or illness incurred while at the camp.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_