

Orange County Parochial School League ANNUAL CHEER CLINIC

at

St. John's Elementary, 77 Murray Avenue. Goshen, N.Y. 10924

Monday, January 20, 2020

8:30 doors open Starts promptly 9:15am

2:30 review and 3pm pick up.

BREAKFAST AND LUNCH AVAILABLE

Fee is \$45.00 includes t-shirt

payable to : OCPSL % Debby Sheehan 11 Elmwood Dr. Goshen, N.Y. 10924

closed registration is Jan 14, 2020

call 845 800-7446 or txt for late registrations

Mission- to help cheerleaders in motion placement, jumps technique safety in
stunting and pyramid safety

Teach a common cheer , dance and side lines for cheerleaders to unite, spread, SPIRIT,
together at the clinic and perform the cheer at OCPSL competition together

No snow date. Money to be refunded of \$35.00 T- shirts you keep.

“Proceeds go to OCPSL Scholarship”

COACHES MUST COMPLETE FOR T-SHIRT -FREE UP TO 2 COACHES

Name _____ School _____ Pep JV Varsity

Address _____ Town _____ Allergies _____

Parents cell _____ txt yes or no

emergency contact # _____ T-shirt size- ym ylg or As Am Al *circle*

I give my child _____ permission to attend. I will not hold st john's
school/church responsible for any liability or coaches, parents. Every girl must have a
completed OCPSL medical release form completed prior to Jan 14, 2020 (see reverse
side) that will be used for this activity. Video & photo of my child be taken not used on
facebook or other media.

Parent signature _____ date _____

email address _____

RULES% REGULATION

Dress Code---No jewelry or earrings,(not responsible if left there)

Hair tied back no bangs if stunting.

t-shirt and shorts sweatpants over shorts. If you are a flyer must have shorts. And cheer sneakers

Breakfast-

Bagel ----- (please circle) cream cheese or butter circle 1.50

water bottle 1.00

gatorade 1.50

Lunch- Pizza \$1,75 (pre order in morning) 1.75

Hot dogs with chips ketchup or mustard 2.00

Bagel with cheese or butter (please circle) 1.50

carrots unlimited italian or ranch 1.50

Walking TACO-chop meat, lettuce ,salsa, cheese, opt 2.00

Soda- coke ,orange, sprite 1.00

candy .50

chips .50

cookies,cake .50

Rice krispie treats .75

candy bars - large 1.00

(please note: prices subject to change)