



# Arcola Cheer Clinic



All new coaching staff!  
Shirts provided on Night 1

## Attention! PreK-5 Boys & Girls

You are invited to join the AHS cheer team at the  
2018 Lil' Riders' Cheer Camp

1. Learn how to cheer on the football team,
2. Spend 2 days after school with the cheer team
3. Perform at the football game (and for parents)
4. Order a cheer bow if you'd like!

### **Practices:**

**WHEN:** Tuesday, **Sept 18 3:00-5:15** &  
Thursday, **Sept 20 3:00- Parent Performance Ends**

**WHERE:** Arcola HS Gym

### **WHAT WILL THEY DO:**

1. **Arrival:** Students will be picked up in their elementary classroom by HS cheer team members and lead to the HS gym. (PRE K morning parents can bring their little one to the HS gym – there will be additional team members waiting there for arrivals!)
2. **Stretch and Snack:** Snack and juice boxes will be provided. PreK-1 will eat first, then cheer. 2-5 will cheer first and then snack!
3. **Learn:** Chants, cheers, jumps, and how to stunt on night one and a half-time dance and more stunting on night two!
4. **Pick up:** Parents need to be at the HS gym at 4:50 to pick up their little Rider at the 5:00 dismissal time.
5. \*While the girls are learning the dance routine, the boys will work with the Coach Jack on agility and flexibility exercises, and how to stunt!

**Performances:** All performances are for all students that attend. Students will perform twice.

1. Parent Show on Sept 20 in AHS Gym (arrive by 4:50, show at 5:00) **We plan to do the show on the football field, where they will on Friday BUT if there is inclement weather, please proceed to the HS gym.**
2. Half-time show at the Riders' Football Game on Sept 21 at AHS football game on the football field (arrive by kick-off at 7:00 pm, sit with family until it is announced that the little ones should join the HS team at the north end of the football field (approx. 2 minutes left in the half). The half-time show will include one cheer, a dance, and stunts. PLEASE have your student wear his/her shirt for the performance and so he/she will get into the game for FREE.

\*\*Boys will not perform the dance, unless they chose to do so, but will participate in stunting just like HS football players and HS cheerleaders (during basketball season on the competitive team), Kenyon Baird and James Vandever!

### **IMPORTANT:**

In order to ensure that each Lil' Rider gets a t-shirt in the correct size, this **form and payment** must be completed and sent back to the school by **Friday, September 7<sup>th</sup>**. **If the form/payment is late, the child will not get the t-shirt but cost will remain the same for consistency. We would still LOVE to have the child join us though.**

## ENROLLMENT FORM

Please complete this form and return it to school with the \$30.00 fee.  
Checks can be made payable to Arcola High School Cheer or AHS Cheer.

For \$30, your (girl) cheerleader will get a AHS Cheer Clinic t-shirt, glitter spray before the half-time show, two practices, snacks each night, two performances, and free entrance to the game on the night of the performance.

For \$30 your (boy) cheerleader will get a Lil-Rider t-shirt, two practices, snacks each night, two performances, and free entrance to the game the night of the performance.

Funds available for those needing assistance! Please communicate this on the form OR call Coach Christi at 217.825.7094 so arrangements can be made.

Student Name: \_\_\_\_\_

Student Grade: \_\_\_\_\_ Student's Teacher: \_\_\_\_\_

Shirt Size: YXS   YS   YM   YL   AS   AM   AL

Contact the cheer coaches (Jes Huffman and Christi Mulligan) at [arcolacheer@arcolaschools.com](mailto:arcolacheer@arcolaschools.com) if you have any questions.

More forms available at [www.arcola.k12.il.us](http://www.arcola.k12.il.us) (click on Fundraisers on the right)

Parent Contact Information:

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

If you will NOT be the person picking up your child from the practices or from the game performance, please indicate who may pick up your child. If we do not have this person's name listed on this form, the child will NOT be allowed to go home with anyone other than the parent listed above.

Name of Person Picking up Child: \_\_\_\_\_

Circle the Date(s) the above person has permission to pick up child:   **Sept 18**                      **Sept 20**                      **Sept 21 (game)**

### **Waiver and Release**

I acknowledge that by allowing my child to participate in cheerleading, physical injury could occur. I agree that Arcola CUSD #306 and Arcola High School Cheerleading Squad and coaching staff will not be held liable for any injuries my child may experience. In the event that my child should need medical attention, I authorize the Arcola High School Cheerleading coaching staff to seek medical treatment for my child. I understand I am responsible for my child when she/he is not performing at the game and during the Parent Show.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**Additional offer!** Want a cheer bow similar to our HS team's bows? Let us know below and add \$10.00 to your check and we will have it ready for you on the first night one camp (Sept 18)!

- Yes! My child would love a cheer bow and I have included an extra \$10.00 for the bow
- No! We do not need a cheer bow at this time!