



*Please join us for our*  
**Spring College Prep Clinic!**

When: Saturday February 23<sup>rd</sup> 2013

- Registration: 9:00am
- Clinic: 9:30am-3:30pm

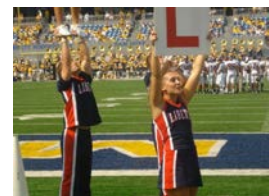
*(We will break for lunch; lunch is not provided)*

Where: Liberty University Green Hall Schilling building (Across from the football field and near the ice center)

Registration Fee: \$50 per person, which includes an **LU Cheer t-shirt!** (You may mail your check made payable to "Liberty Cheerleading" with your registration form prior to the clinic if you'd like.)

Who can attend: Any high school cheerleader or college student interested in college cheerleading!

- *What will we be doing at this college prep clinic?* You will be learning what it takes to be a college cheerleader! You will have the opportunity to talk to and ask questions to the current team members. You will have the opportunity to learn a sideline cheer, choreography, and you will have the opportunity to further your stunting skills. **Coed partner stunting will be taught.**
- *What do I need to bring?*
  - ✓ Please bring the attached registration form and signed release form (completed) from a parent/guardian.
  - ✓ Please bring a parent/guardian if you are NOT 18 and need to sign the waiver at the clinic! You need a parent/guardian to sign a release form so you can participate. (If this is a problem please email coach Sydnor at [cheer@liberty.edu](mailto:cheer@liberty.edu).)
  - ✓ Please bring a copy/proof of a physical that you have had within the last YEAR clearing you for sports activity!
  - ✓ Please wear safe cheerleading clothing and shoes. For the girls this includes bloomers, sports bra, and hair all the way up!
  - ✓ Bring a water bottle and snack if you wish.
  - ✓ **PLEASE BRING A GREAT ATTITUDE READY TO HAVE FUN!!!!!!!!!!!!!!**



## Liberty University College Prep Clinic Registration

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Expected HS grad: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_ Height: \_\_\_\_\_ Wt.: \_\_\_\_\_  
School: \_\_\_\_\_ Cheer position: \_\_\_\_\_

Emergency contacts:

1. \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_
2. \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Partner/Group stunt level (please circle one and give additional information if needed):

- 1      Never stunted before
- 2      Stunted a few times to hands/Only accomplished elevators and extensions
- 3      Can do hands, liberty/All-girl group liberty
- 4      Advanced: Stretch full or double downs, toss stunts, other elite level stunts

Please state the hardest tumbling pass and stunt you can do safely and properly:

\_\_\_\_\_

Please describe any hospitalizations, surgeries, or injuries you have sustained within the last year:

\_\_\_\_\_

\_\_\_\_\_

Date of clinic: \_\_\_\_\_

**Total amount enclosed for clinic (and open gym if applicable):** \_\_\_\_\_

### **Mail registration and check to:**

Liberty University – Jennifer Sydnor, Cheerleading Coach  
1971 University Blvd.  
Lynchburg, VA 24502

## **DIRECTIONS**

Northbound on 29 - Take 460 E to the exit for Candler's Mtn. Rd/Liberty University. At the stop sign, make a right. Go to the first light and make a left onto University Blvd. Stay straight through light and enter Liberty's campus.

Southbound on 29 Business - Take Exit 8b. Go through the first light. At the second light, make a right on S 670 (there is a Liberty University sign with an arrow pointing to the right). Go two more lights. Make a right on University Blvd. Stay straight through light and enter Liberty's campus.

Eastbound on 460 - Take the Candler's Mtn. Rd./Liberty University exit. At the stop sign, make a right. Go to the first light and make a left onto University Blvd. Stay straight through light and enter Liberty's campus.

Westbound on 460 or Northbound on 501 - Take the Candler's Mtn. Rd. / University Blvd. exit. At light make left and enter Liberty's campus.

## **DRIVING/DIRECTION RECOMMENDATION:**

- We recommend anyone driving South on I-81 to look over your online or GPS directions. We'd advise anyone traveling South on I-81 to not take 501 South out of Lexington to Lynchburg. Although 501 is a beautiful drive, it is windy road.
- We suggest you take I-64 East to Charlottesville and then US 29 South to 460 West to arrive at Liberty University.

**Selected Hotel Information** (There are other hotels in Lynchburg, these are the recommended hotels; the first three are located within 3 miles of the University.)

Wingate by Wyndham Lynchburg Airport  
3777 Candler's Mtn Road  
Lynchburg, VA 24502 US  
434-845-1700

Hilton Garden Inn  
4025 Wards Road  
Lynchburg, VA 24502  
434-239-3006

Super 8 Lynchburg  
3736 Candler's Mountain Road  
US 29 & Candler Mountain Rd  
Lynchburg, VA 24502 US  
434-846-1668

Holiday Inn Hotel Select  
601 Main St.  
Lynchburg, VA 24504  
1-877-863-4780



## Liberty University Cheerleading Camp/Clinic Waiver

I, \_\_\_\_\_ (*name of participant*), hereby assume all risks of camp/clinic activity (including property loss or damage, physical injury and death) that may result from any activity (including residence hall and/or dining hall activities) while \_\_\_\_\_ (*name of participant*) is enrolled as a participant. As a participant/parent/guardian, I do indemnify, defend, and hold harmless the State of Virginia, Liberty University, its Board of Trustees, its Athletics Department, the Liberty Cheerleading clinic in which I or my son/daughter is enrolled, and its officers, employees, agents, coaches, athletic trainers, and instructors, and all participants in the sports camp/clinic program from any and all liability, including claims and suits at law or in equity, for injury, fatal or otherwise, and property loss or damage which may result from any negligence and/or the participant taking part in sports camp / clinic activities. I understand cheerleading involves gymnastics, motions, partner stunts, rotations and heights; therefore, participation in cheerleading involves some amount of danger of personal injury. I totally assume the risks involved by participating in this cheerleading clinic. I further realize that improper conduct of cheerleading activity could result in catastrophic injury, paralysis or even death. I hereby certify that I or my son/daughter have read, am thoroughly familiar with, and will carefully abide by the American Association for Cheerleading Coaches and Advisors (AACCA) guidelines for safety in college cheerleading (These will be posted in the gym).

**I certify that that I/he/she is physically able to participate in the Liberty University Cheerleading College Prep Clinic and has had a physical within the past year-to-date of the camp.**

In the event of an injury, illness, and/or accident involving myself/son/daughter, I hereby give my consent for Liberty University College Prep Clinic to administer/initiate proper medical treatment, in the parent's absence if a minor, and to the appropriate camp/clinic personnel to properly transport myself/son/daughter to an appropriate medical facility for care, and to a licensed physician to hospitalize and secure proper treatment (including injections, diagnostic procedures, anesthesia, surgery, and/or other reasonable and necessary procedures) for myself/son/daughter. I agree to assume any and all costs related to such treatment. I hereby authorize my health insurance company to pay benefits for the costs of such treatment. I also authorize the disclosure of medical information to my insurance company for the purpose of any claim. I understand that each participant must provide his/her own medical insurance in order to participate in the Liberty University Cheerleading College Prep Clinic.

I understand that I am responsible for any and all medical and/or other charges related to the aforementioned participant's attendance and participation in the Liberty University Cheerleading College Prep Clinic. I also understand that registration is not considered complete until this completed and signed form in on fill.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_