

2024 PALMER CHEER CLINICS



MINIS (Pre-K - 2nd grade)

April 15th & 16th
3:00PM-5:30PM



JV/Varsity (3rd - 7th grade)

April 17th - 3:00PM-5:30PM
April 18th - 3:00PM-6:00PM*

**includes pre-tryout assessment*

- DEVELOP AND BUILD ON YOUR CHEER SKILLS
 - PRACTICE STUNTING
 - LEARN SIDELINE/PEP RALLY CHEERS
 - LEARN A SHORT ROUTINE
 - WE WILL HAVE MATS OUT FOR TUMBLING*
- *(WE WILL NOT BE TEACHING NEW TUMBLING SKILLS)*

WHAT TO WEAR:

- athletic clothes (cheer skort, athletic shorts or leggings, t-shirt or tank NO CROPPED tops, sports bra)
- cheer OR athletic sneakers and socks
- hair pulled back COMPLETELY
- no dangly jewelry or earrings

WHAT TO BRING:

- water bottle
- snacks
- pom poms if you have any



CHEERLEADING

HIGHLY
RECOMMENDED FOR
GIRLS ATTENDING
CAMPS!!

EXTREMELY
RECOMMENDED FOR
GIRLS TRYING OUT FOR
FALL CHEER

Email with questions:

Sara Riner
pcacheercoach@gmail.com



2024 SPRING CHEER CLINIC REGISTRATION

Select your clinic:

MINIS CLINIC (Pre-K - 2nd grade)

April 15th & 16th, 3:00PM-5:30PM

JV/VARSITY CLINIC (3rd-7th grade)

April 17th 3:00PM-5:30PM; April 18th 3:00PM-6:00PM *tryout assessment

Student Name: _____

Current Grade: _____ Rising Grade: _____

Parent/Guardians' Names: _____

Cell #s: _____

Preferred Email Address: _____

Emergency Contact Name: _____

Cell #: _____ Relationship: _____

Please list any major allergies, injuries, dietary restrictions or other health concerns: _____

Please list any relevant cheer, dance or gymnastics or tumbling experience: _____

Attire:

- Athletic clothing (cheer skirt or athletic shorts or leggings, t-shirt, tank top or athletic top NO CROP TOPS, sports bra
- Cheer or athletic sneakers and socks
- Hair pulled back COMPLETELY
- No dangly jewelry or earrings

*Note girls will change out right after school

Please bring:

- water bottle, snacks, pom poms if you have them

Will your cheerleader attend any of the following (check all that apply):

- **Mini Cheer Camp, June 3-6, 2024** (rising PK-3rd grades), 8:30AM-12:30PM, \$200.00 (includes poms, t-shirt and bow)
- **JV Varsity Cheer Camp, August 5-7, 2024** (rising 4th-8th grades), 9:00AM-4:00PM, \$250.00 (includes poms, practice shirt and bow for the season)
- **JV/Varsity Cheer Tryouts, August 8, 2024** (rising 4th-8th grades) 3:30PM-6:30PM
- Undecided/not sure; comments: _____

EMAIL SARA RINER WITH QUESTIONS - PCACHEERCOACH@GMAIL.COM

SPACE IS LIMITED - SECURE YOUR SPOT TODAY!

Please make checks for \$75.00 per student out to Palmer Catholic Academy and note "Spring Cheer Clinic" in the memo!