

The Missouri Baptist University cheerleading team will be hosting its MBU Little Spartan Cheer Clinic on Saturday, February 19th.

The clinic, for ages 4-12, will be held in Muncy Gymnasium starting at 9 a.m. followed by a pizza party lunch at 12:30 pm. The grand finale is a halftime show at 2:45 p.m. during the Lady Spartan basketball game.

Attendees will receive personalized attention from the Spartan Varsity Cheerleaders and will be taught proper techniques, jumps, dance and a cheer. They will also receive a t-shirt and enjoy a free pizza lunch with the Spartan himself!

The clinic costs \$25 for early registration and is \$30 at the door. All participants should wear workout clothing and tennis shoes.

For more information, contact MBU cheerleading coach Jessica Johnson at 618-973-8978 or by email at johnsonj@mobap.edu

MBU Little Spartan



Cheer Clinic 2011

Dear Parents;

Greetings from the Missouri Baptist University cheerleading squad! We are currently in the middle of our season and would like to invite your daughter/son to our 2nd Annual Little Spartan Cheer Clinic! Our 15 member squad will be hosting a cheer clinic on Saturday, February 19th from 9:00 a.m. to 12:00 p.m. in the gymnasium. We are inviting girls and boys between the ages of 4-12 to participate in the clinic at a cost of only \$25 per person (\$30 at the door). Students will receive a free t-shirt, pizza lunch and chance to perform at a college basketball game! All parents will receive free admission to the game.

If your daughter/son would like to attend the clinic, please complete the attached Registration Form and send it along with your payment of \$25. All checks should be made payable to MBU Cheerleading. To give us a better idea of who will be attending the clinic, we request that you pre-register. However, we also will allow participants to register at the door for \$30. Parents are welcome to stay and watch during the clinic.

Schedule

- 8:45 a.m.** – Check in at the Muncy Gymnasium
- 9:00 a.m.** – Introduction, warm-up and grouping by age group
- 9:15 a.m.** – Teaching fundamentals of cheering
- 10:30 a.m.** – Break – refreshments will be provided
- 11:00 a.m.** – Games
- 11:15 a.m.** – Review all material learned throughout the day
- 11:45 a.m.** – Cheer and chant demonstrated by groups to parents
- 12:00 p.m.** – Wrap up – Question and Answer Session
- 12:30 p.m.** – Pizza lunch with the Spartan!
- 1:00 p.m.** - Dismiss
- *Optional***
- 2:45 p.m.** – Perform at Halftime of Women’s Basketball game

We are looking forward to making this a great learning experience for every participant. It is our hope that everything learned will benefit each one in their future as a cheerleader. If you have any questions concerning this clinic, please call me at 618-973-8978 or e-mail me at johnsonj@mobap.edu. We look forward to seeing you on the 19th!

Sincerely,

Jessica Johnson

Head Cheerleading Coach



2011 MBU Little Spartan Cheer Clinic Registration Form

Participant's Name (first) _____ (last) _____ Age _____

Address _____ (city) _____ (state) _____ (zip) _____

Parent(s) Name(s) _____ Phone Number () _____ - _____

Where did you hear of our cheer clinic? _____

Will child attend lunch? Y N Will child participate in halftime routine? Y N

Please Circle T-Shirt Size: Child S M L Adult S M L

Participant Agreement, Release, and Acknowledgement of Risk

In consideration of the services of Missouri Baptist University, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on behalf (hereinafter collectively referred to as "Missouri Baptist University"), I hereby agree to release and discharge Missouri Baptist University, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that cheerleading activities entail known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.
2. I expressly agree and promise to accept and assume all the risks existing in this activity. Participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Missouri Baptist University from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of Missouri Baptist University's equipment or facilities, including any such claims which allege negligent acts or omissions of Missouri Baptist University.

By signing this document, I acknowledge that if my child is hurt during participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against Missouri Baptist University on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant's Parent/Guardian: _____ Date: _____

Print Name: _____ Contact Phone Number: () _____ - _____

Please complete the form and return with \$25 registration (\$30 at the door) fee to:

Jessica Johnson

1 College Park Dr.

Saint Louis, MO 63141

Please make checks payable to **MBU Cheerleading**