



**Free Daily Drinks and Lunches • Free Portrait with a TCU Cheerleader • Final Day Performance for Friends and Family**



### COME JOIN US

A fun and energetic dance and cheer program offering kids the opportunity to train with and learn from the best cheerleaders in Texas! During camp, participants will learn new and exciting choreography with current TCU Cheerleaders while having fun and making new friends!



### WHAT YOU WILL LEARN

Cheerleading participants are grouped by age to learn warm-ups, dance routines, progressive cheerleading stunts and motions as well as team spirit with an emphasis on self-confidence, poise, motivation and technique. All learning and skill building will be taught indoors in an air conditioned gym on TCU's newly renovated athletic facilities. We will be in DMC, which is the same place that TCU Cheerleaders rehearse and practice during the season.



### SAFETY FIRST



We set the standard for safety with classes which provide hands-on training for each individual. We teach proper safety techniques to ensure safe practice and performance for stunting and tumbling. Please talk to your child about the safety in trying skills that they aren't ready to perform while at camp. In addition to following all AACA guidelines, we will ask that no skills beyond a backhand-spring be executed while at camp. Skills performed in the final day routine are based on staff's discretion.



### CHEERS, CHANTS & FUN DANCES

During cheer and chant class each day, participants will learn a variety of cheers that collegiate cheerleaders use on game day, taught from cheerleaders across the state. Each age division will learn an age appropriate routine with music from their favorite stars!



### JUMPS

Who doesn't love to see great jumps! Each day we will work on a variety of jumps giving personalized instruction and drills to build technique for Basic, Intermediate and Advanced levels of skill.



### FUN DAYS

Each morning we will begin with skills and instruction. After lunch we will have an exciting craft hour so that they have something to take home with them! Younger age groups will spend a little bit more time with these activities. We will provide all of the materials!



### LEARN FROM THE BEST

As a former cheerleader for the Horned Frogs, Lindsay Shoulders brings a level of expertise that will be beneficial to all campers. Lindsay's experience consists of the following:

- Danced professionally for 4 years with NBA's Dallas Mavericks Dancers
- Toured with NBA to multiple countries as part of the entertainment with the "NBA Madness Asia Tour"
- Current TCU Cheer Coach and Dance Director of the TCU Showgirls
- 24 years of dancing experience
- ACCA Certified

**Visit [GoFrogs.com](http://GoFrogs.com) and click on Summer Camps for online registration**

**Questions? Email us at [LindsayShouldersCheerCamp@gmail.com](mailto:LindsayShouldersCheerCamp@gmail.com)**

*To encourage an optimal learning environment, parents may watch only on the final day. Each cheerleader, instructor, and director need their focus on safety and learning.*



**Registration will be limited to 100 candidates per session to ensure that each participant gets individual attention to perfecting new techniques and learning new routines.**



### YOUR INDIVIDUAL EXPERIENCE

Included in your package are:

- Free drinks
- Camp t-shirt
- Lunches
- Arts/crafts goodies
- Certificate upon completion of camp
- Portrate with a TCU Cheerleader



### WHAT YOU WILL NEED

Cheer shoes, socks, t-shirts or comfortable clothing for each day and money for camp store which includes cheer shorts, tshirts, poms and other cheer items available for purchase.



### DATES AND TIME

There will be two separate sessions that Cheer Camp will be offered this summer.

**Join us either July 19-22 or July 23-26!**

- **Days 1-3 will begin at 9am and end at 4pm**
- **Day 4 will begin at 9am and end at noon with a special final day performance for all friends and family that want to join!**

# REGISTRATION

Camper's Name \_\_\_\_\_ Parent's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Grade Next Year \_\_\_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_ Phone(W) \_\_\_\_\_ Phone(H) \_\_\_\_\_

#### Registration Fee Includes:

TCU Cheerleader Clinic T-Shirt

Shirt Size:

Child: S M L

Adult: S M L XL

#### Camp Session Tuition:

**\$300** per session, **\$500** to attend both sessions

Please check selected session:

Ages 4-6

Ages 9-10

Ages 7-8

Ages 11-13

July 19-22

July 23-26

Walk ups are welcome but with an additional **\$50** fee added to the cost of camp.

#### Medical Information Required (Please complete and sign)

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Medical/Accident Insurance Co. \_\_\_\_\_ Policy Number \_\_\_\_\_

Policy In Name Of \_\_\_\_\_ Allergies \_\_\_\_\_

Last Tetanus Shot \_\_\_\_\_ Legal Guardian Signature \_\_\_\_\_

Lindsay Shoulders Cheer Camp, and their parents, subsidiaries, affiliates, licensees, franchisees, agents, officers, directors, employees, and/or representatives are hereby released from any and all claims for damages and/or injuries sustained by any individual or group while participating in any activity related to this event. As parent and/or legal guardian of the above named individual, the undersigned further warrants they will indemnify, defend, release and hold harmless Lindsay Shoulders Cheer Camp, and their parents, subsidiaries, affiliates, licensees, franchisees, agents, officers, directors, employees, and/or representatives from and against any and all claims, demands, liabilities, damages, losses, suits, costs, attorney's fees or other expenses of any kind or nature whatsoever arising out of or related to the above named individual's participation in this event which may be asserted by any participant or other individual or entity based on or arising from the actions or inactions of any participant. The parent and/or legal guardian also agrees that any photos or likeness from participation in this camp may be used for publication in the future.

\*\*During Registration, parents will sign a "Drop off-Pick Up" slip to ensure the safety of their child. Once the clinic is dismissed, participants will be released ONLY to the person listed on the same slip.

#### Please send completed registration form(s) with payment in full to:

LS Cheer Camp, TCU Box 297600, Ft Worth, Texas 76129

Credit cards excepted only on-line at [gofogs.com](http://gofogs.com) (Summer Camps)

Refund of Registration Fee (less a non-refundable, non-transferable Cancellation Fee of \$50.00) requires receipt of written notice of cancellation no later than 48 hours prior to the start of the first day of the session. Refund of the balance will be processed during the accounting period two weeks after the conclusion of the second and final camp.

Make checks payable to Lindsay Shoulders Cheer Camp, LLC:

LS Cheer camps are operated as independent camps and not officially sponsored by TCU or the Athletics Department.