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City of Long Beach



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Parks & Recreation Department

CHEERLEADING CLINIC

Practices will be held at the same time and location, with participants separated into three different groups according to grade level:

Pee Wees: Pre-K – 1st Grade // Juniors: 2nd – 4th Grade // Seniors: 5th – 7th Grade

LOCATION: Long Beach Recreation Fields

TIME: Wednesdays – 4:30 p.m. to 5:30 p.m. – ALL GROUPS
Clinic begins April 29, 2020

REGISTRATION: LONG BEACH RECREATION CENTER
700 MAGNOLIA BLVD
431-3890

FEE: \$75.00 for Residents
\$80.00 for Long Beach School District Residents
\$90.00 for Non-Residents
*Checks or money orders made payable to the City of Long Beach
Cash, Visa or MasterCard also accepted*

Cheerleading Clinic

Please put telephone number on check

Name _____ Grade _____ DOB _____

Address _____ Phone _____

Parent Name _____ E-Mail _____

Emergency Name _____ Emergency Phone _____

School Attending _____

I, the parent or guardian of the below named child, give permission and approval for his/her participation in the Long Beach Parks and Recreation Department's Cheerleading Clinic. I fully understand that my child must abide by all the Rules and Regulations set forth by the Parks and Recreation Department and further agree to explain to my child the Codes of Conduct set forth by the Long Beach Parks and Recreation Department. I also agree to follow those rules that apply to me as a parent and spectator. The Codes of Conduct can be found on the web at www.longbeachny.gov/rec. I hereby authorize and give full consent to the City of Long Beach to use and or publish photographs or video in which my child may appear while participating in Parks and Recreation programs and grant permission for publication or use of those images.

I understand that payment is non-transferable and non-refundable. Parent Signature _____

For Rec Staff Use:

Receipt # _____ Amount Paid \$ _____ Proof of Age _____ Date _____ Staff _____

CITY OF LONG BEACH

Parks & Recreation Department

ELIGIBILITY REQUIREMENTS FOR CHEERLEADING

- All participants must be in Pre-Kindergarten through 7th grade March 1, 2020
- Children residing in the Long Beach City School District and/or attending Long Beach Schools are eligible to enroll in the Cheerleading Clinic beginning March 7, 2020
- Children who are non-residents can enroll in the Cheerleading Clinic beginning March 21, 2020

PROGRAM INFORMATION

- Participants will learn the basic fundamentals of cheerleading including clapping, arm positions, jumps, basic gymnastics, basic stunting and teamwork!
- Participants will learn various sideline cheers as well as an exhibition routine that we will perform for parents at the end of practice on June 17. Participants are encouraged to practice their routines at home to be prepared

CLINIC

- The clinic uses an instructional format that introduces the sport to children and teaches them the basic skills and cheers. In addition, participants will learn an exhibition routine that we will perform for parents at the end of practice on June 17
- Clinic dates are:
 - a) April 29
 - b) May 6
 - c) May 13
 - d) May 20
 - e) May 27
 - f) June 3
 - g) June 10
 - h) June 17
- Participants are encouraged to wear comfortable clothes that they can stretch and jump in, as well as sneakers
- Parents are not permitted on the field during the clinic