



The State College Area High School Cheerleaders invite you to participate in our Open Gyms!

<u>Dates:</u>	Monday: 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16 Wednesday: 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18
<u>Time:</u>	4:00 - 5:30 pm
<u>Location:</u>	SCAHS South Aux Gym

Open Gym Details:

Open Gyms will be open to any SCASD student currently in grade 8-11.

- Excellent way for athletes to familiarize themselves with the sport before making a long-term commitment
- Begin preparing for the 2022-2023 season and tryouts
- Athletes will practice motions learn proper technique for jumps, tumbling, and stunting

Those attending should:

- Wear athletic clothing - including sneakers
- Bring a labeled water bottle
- Wear hair in a secured ponytail

Please retain the top part of this flyer for your information. Cut below this line and turn into coaches before attending open gyms.

Clinic Waiver	Clinic Registration
<p>I give consent for my child, _____, to participate in all activities at open gyms. I agree that the State College Area School District, members of the School Board, SCASD Cheerleading coaches, and SCASD cheerleaders are not responsible for any injuries suffered by my child while engaged in camp activities. Furthermore, I hereby release the aforementioned from any and all liability for such injuries.</p> <p>Parent Signature _____</p> <p>Date _____ Home Phone _____</p> <p>Guardian Work Phone _____</p> <p>Guardian Cell Phone _____</p>	<p>Name _____</p> <p>Grade _____</p> <p>Home Phone _____</p> <p>Guardian Name _____</p> <p>Please list any medical concerns here:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>