

Please join the Poland Seminary High School Cheerleaders for a

# ONE-DAY YOUTH CHEER CLINIC!

Come join us for a day of cheerleading spirit and fun!



Who: All girls in grades K– 6 currently enrolled in Poland Schools  
No prior cheerleading experience needed

When: Monday, January 12th 4:00 pm - 6 pm  
Please arrive between 4:00 pm - 4:10 pm for check-in  
Clinic participants are invited to perform during halftime at the PSHS varsity home game on Tuesday, January 13.

Where: Poland High School Field House  
Enter through doors used to attend basketball / volleyball games (near Township Building)

Cost: \$35 per participant (cash or check made payable to Poland All Sports Boosters)  
Family discount - \$20 for each additional sibling after the first

Registration: Register ONLINE by clicking the "Community Cheer Clinic" link on the Poland Schools district homepage – [www.polandbulldogs.com](http://www.polandbulldogs.com) Complete the Google Form with all required information / waiver and submit

Deadline: Online registration must be submitted no later than Monday, January 5th. The registration link will be removed from the school website. Thank you for your understanding with this matter.

- This clinic will teach and build upon fundamental cheerleading skills such as proper stretching, jumps, kicks, motion placement and cheers. There will also be fun games and activities! Clinic activities will be led by PSHS Cheerleaders and will be supervised by Poland Schools licensed cheerleading coaches. All participants will receive a t-shirt as long as registration is received by **MONDAY, JANUARY 5**.
- Day of Clinic: Participants should wear comfortable athletic clothing and tennis shoes for the clinic and should bring water to drink. Participants will learn one big cheer and one dance. Words will be provided on the day of the clinic and a video of the material will be emailed.
- Day of Clinic: Participants must bring payment in cash, check, or money order (payable to Poland All Sports Boosters Cheer) to the check-in table on **MONDAY, JANUARY 12**, between 4:00 pm - 4:10 pm. Dismissal the day of clinic, doors will open at 5:50 pm for parents. Assigned cheerleaders will release girls grades K-2 first to parents in the field house lobby, followed by girls 3-6.
- Clinic participants are invited to perform during halftime of the PSHS varsity home game on **TUESDAY, JANUARY 13**. Participants will get into the game for free; the clinic t-shirt must be worn. Please arrive in the Field House Lobby at 6:30 pm. Look for the Poland cheerleaders who will take participants to the PhysEd gym to warm up for the halftime routine! Participants will remain together with the high school cheerleaders until the performance. Immediately following the performance, participants will be released to their parents from the court into the home stands. Material as well as reminders will be sent via email prior to game day.