



CHEERLEADING CLINIC Saturday, October 11, 2014
8:30-11:30 a.m.
Lunch on your own.
PERFORMANCE at 1:15 p.m.
ONU vs. Mount Union Football Game
We will be cheering outside RAIN OR SHINE.
\$20 per participant
Optional: \$15 ONU Cheer Bow
Optional: \$20 Black/Silver & Orange/Silver Pair of Poms

Thanks for supporting Ohio Northern University Cheerleading!! Go Bears!!

Join the Ohio Northern Cheerleaders and Coaches for a

Kindergarten thru Grade 12

CHEERLEADING CLINIC

ANYONE (LADIES & GENTLEMEN) is encouraged to join us!

We will divide participants into mini-squads by age!

Saturday, October 11, 2014

8:30 a.m. Arrival/Check-In at McIntosh Center Activities Room

8:45 Warm-Up

9-11:30 a.m. Clinic

11:30 a.m. Participant Pick-Up at McIntosh Activities Room

Clinic participants are responsible for their own lunch prior to arrival at performance to allow ONU cheerleaders time to eat and warm up.

1:15 PERFORMANCE at 1st Quarter ONLY

ONU vs. Mount Union Game

@ Dial-Roberson Stadium

We will divide participants into mini-squads by age! Students with PREVIOUS STUNTING & TUMBLING experience will be placed into an appropriate mini-squad (not necessarily by age) by the ONU coaches.

You will learn proper motion and jump techniques, the ONU Fight Song, ONU cheers and chants, & basic stunting and tumbling techniques.

Proper athletic attire is required to participate. No jewelry of any kind should be worn.

Please bring a water bottle that is clearly marked with participant's name.

CLINIC ATTIRE: Ladies: T-shirt and Cheer shorts/Spandex shorts. Hair must be secured out of faces (and off of necks) for safety reasons. Coaches prefer that flat cheerleading tennis shoes be worn. Do not wear "Mat only" shoes please.

Gentlemen: T-shirt and Shorts. Tennis shoes.

PERFORMANCE ATTIRE: Clinic T-shirt, black or orange shorts/sweat pants/cheer skirt, white socks, white cheer shoes are preferred. We will cheer RAIN or SHINE! Please dress appropriately for the football weather. CLINIC T-shirt MUST be worn on the outside of all garments. Please wear black or orange undergarments if the weather is cold. PLEASE DO NOT wear purple/white as these are Mt. Union's colors.

CLINIC COSTS \$20 per participant. Cost for the clinic includes ONU Cheerleading short sleeve T-shirt, snack, and entrance for the participant to the football game. Family members are responsible for their own entrance into the ONU vs. Mount Union Football game. Optional purchases are ONU Hair Bow and Poms. There will be a LIMITED NUMBER of past years ONU uniforms available for purchase at the clinic \$20 shells & \$15 skirts.

Payment should be made to Ohio Northern University and MUST be included with registration for registration to be valid. Please mail registration (with registration form for each participant & payment) to: ONU CHEERLEADING COACHES, co/Kirstin Reams & Jami Dellifield, McIntosh Center, 525 South Main Street, Ada, OH 45810