



CHEERLEADING CLINIC Saturday, January 31, 2015
12:00p.m.-2:15p.m.
Lunch on your own.
PERFORMANCE at HALFTIME
ONU vs. John Carroll Basketball Game
Game Starts at 3 p.m.
\$20 per participant
Optional: \$10 Orange/Black 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

CHEERLEADING CLINIC

ANYONE is encouraged to join us! Clinic is for ladies and gentlemen!

Kindergarten thru Grade 12

We will divide participants into mini-squads by age!

Saturday, January 31, 2015
12 – 2:15 p.m.

11:45 a.m. Arrival/Check-In at King Horn Center
12 p.m. Warm-Up
2:15 p.m. Participant Pick-Up at King Horn

2:50 p.m. Arrive at King Horn Gym
Approx. 3:40 p.m. PERFORMANCE at HALF
TIME ONLY of ONU vs. Mount Union Game
King Horn on the Joe and Margaret Campoli Court

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 after an assessment has been made/

You will learn proper motion and jump techniques, basic stunting and tumbling techniques, and a dance routine that incorporates what we have learned that will be performed at halftime of the game.

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. "Mat only" shoes can be worn. Gentlemen: T-shirt and Shorts. Tennis shoes.

PERFORMANCE ATTIRE: Clinic T-shirt, black or orange cheer shorts/cheer skirt, white socks, white cheer shoes are preferred. Hair must be secured out of face. No jewelry of any kind. Make-up (if worn) should be natural.

CLINIC COSTS \$20 per participant. Cost for the clinic includes all instruction, ONU Cheerleading short sleeve T-shirt, and entrance for the participant to the basketball game. Family members are responsible for their own entrance into the ONU vs. John Carroll Basketball game. Optional purchases are Orange/Black Hair Bow and Poms.

Payment should be made to Ohio Northern University and MUST be included with registration for registration to be valid. Please mail registration by Monday, January 19 (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

