

# 2020 SCA Cheerleader Camp

## McNeese State University - Session II

July 26, 27 & 28

*Thank you for choosing SCA for your cheerleader camp training. We are looking forward to working with you and your squad. Please read the following information carefully and make copies of this form for each camp participant.*

### **Reminder:**

As your camp date approaches, we will communicate with you personally regarding the latest safety guidelines that we will work with you to implement. The SCA staff will be prepared to make your camp experience safe and extraordinary! For this summer only there will be no home cheer and dance competitions. Also, no uniforms, only camp shorts and shirts. This removes the pressure to get uniforms in before camp. This summer's theme is "Let's Celebrate, America!"

**BALANCE PAYMENT** Final payment is due 14 days prior to the first day of camp. Payments must be made with a single school check or cashier's check. Confirm that SCA has received your online camp registration so that we have your updated contact information and the names of each adult attending camp with your team. If you need to defer a portion of your summer camp payment, please contact us to make arrangements to do so.

**REGISTRATION:** Report to the **Residence Life Club Room, 565 Beauregard Drive on Sunday, between 10:30 a.m. and 12:30 p.m. MSU Parking is free of charge.**

**RESIDENT CAMPERS:** Medical Release forms will be collected at registration as well as a **\$45.00 key deposit**. Please note that the university will assess a \$45.00 fee for each lost key. SCA will accept checks. One designated person should collect all keys and turn them in during check-out. Bring linens for twin beds. The suites are 6-person and 2-person suites. Each suite has complete bathroom facilities. The hall has washers and dryers, as well as vending machines. **IMPORTANT:** MSU has limited resident housing space and must get maximum use out of the space available. For example, please understand that if your squad has a total of 13 participants, they would get two 6-person suites and an extra mattress would be added for the thirteenth person. The hall is supervised by MSU Resident Assistants, as well as SCA staff.

**COMMUTER CAMPERS:** Report to the camp facility for opening at 1:30 p.m. Coaches will receive name badges and camp schedules in the opening orientation meeting and Medical Release forms will be collected at that time.

**SCHEDULE** Opening session: 1:30 p.m. Classes immediately following in the McNeese Rec Center. SCA encourages squads to bring creative signs to showplace in the camp area. No glitter! Detailed Schedule on Page 2.

**MEALS** Six meals are served during camp, starting with dinner the first evening and ending with lunch the last day.

**EMERGENCIES:** Campus Police (337) 475 5711. **GUESTS:** Visitors may only visit the dorm with the advisor/coach!

### **WHAT TO BRING**

Twin sheets, pillow, towels, practice clothes, water bottle, poms, signs, spending money, change for vending machine. **Do not bring valuables.** A "SQUAD FIRST AID KIT": Band-Aids, ace-bandage, instant cold pack, aspirin, throat lozenges, and hand sanitizer!

**MASCOTS:** Bring your mascot suit and a 1-minute skit which defines your character through pantomime and antics. Bring markers, poster paper, and potential props! It is imperative for all mascots to come prepared with these materials!

**COACH PROGRAM:** Coaches are encouraged to **bring** a copy of their tryout score sheets and constitutions, as well as any videos of pep rallies or special performances they would like to share in the advisor/coach meetings.

## ATTENTION: COACHES & PARENTS

**Guests:** Parents and spectators are invited to watch the final competition beginning at 3:00 p.m. on Day III followed immediately by the individual All-American competition. Spectators, please remember no food or drinks allowed.

**Check-out:** Dorm check-out is scheduled for 1:00 p.m. after lunch on Day III. If squad transportation is not available at that time, luggage may be stored in the coach's room until the end of camp so that all keys except one will be turned in during check-out. The coach's key will then be returned individually at the end of camp and the key deposit retrieved.

### SOUTHWESTERN CHEERLEADERS ASSOCIATION 2020 SUMMER CAMP DAILY SCHEDULE

#### DAY I

- 1:30 - 2:00 Camp Opening, Staff Introductions
- 2:00 - 3:00 Pep Dance, Mascot Meeting
- 2:30 - 3:00 Coaches Orientation and Reception
- 3:00 - 3:15 Coaches meet SCA staff / Head Cheerleader Meeting
- 3:15 - 4:00 Game Day Sidelines/Crowd Leading
- 4:00 - 4:55 Stunting 101
- 4:55 - 5:00 Announcements
- 5:00 - 6:30 Dinner
- 6:30 - 6:45 Home Cheer and Pom Warm-Up
- 6:45 - 7:30 Home Cheer Evaluation TBA
- 7:30 - 8:15 Pom Competition/Mascot Routines TBA
- 8:15 - 8:45 Spirit Sticks, Safety First Awards, Buddy Time, Announcements

#### DAY II

- 7:00 - 8:00 Breakfast
- 8:10 - 8:20 Warm-Up
- 8:20 - 8:30 Staff Stunt Demos
- 8:30 - 9:15 Stunts/Pyramids
- 9:15 - 10:00 All-American Cheer/Sideline Chants
- 10:00 - 10:30 Game Day Workshop, Coach Clinic
- 10:30 - 11:00 Stadium Rocks
- 10:30 - 11:00 Stadium Rocks (Mascot Meeting)
- 11:00 - 11:30 Evaluation Prep
- 11:30 - 1:00 Lunch
- 1:00 - 2:00 Private Coaching
- 2:00 - 2:45 Stunts/Pyramids
- 2:45 - 3:45 Advanced Dance, Spirit Routine  
Coach Clinic, Mascot Meeting
- 3:45 - 4:30 Team Practice
- 4:30 - 6:30 Dinner
- 6:30 - 7:15 First Evaluation
- 7:15 - 8:15 Jump Off & Tumble Off
- 8:15 - 8:45 Spirit Sticks, Safety First Awards, Buddy Time, Announcements

#### DAY III

- 7:00 - 8:00 Breakfast
- 8:10 - 8:20 Warm-Up
- 8:20 - 8:30 Staff Stunt Demos
- 8:30 - 9:15 Stunts/Pyramids
- 9:15 - 9:45 Cheer/Chant Class
- 9:45 - 10:15 Stadium Rocks, Coach Clinic, Mascot Meeting
- 10:15 - 10:45 Camp Review
- 10:45 - 11:45 Dance Off
- 11:45 - 12:00 Team Practice  
Announcement of All-American Nominations
- 12:00 - 2:00 Lunch
- 2:00 - 3:00 Private Coaching
- 3:00 - 3:45 Final Competition**
- 3:45 - 4:45 All-American Competition, Final Mascot Show
- 4:45 - 5:15 Dance Review
- 5:15 - 6:15 Final Awards/Camp Closing

#### EVALUATIONS & COMPETITIONS:

**DAY I** Home Cheer (Optional) **canceled**  
Pom Competition (Optional) **canceled**

**DAY II** High School - SCA Cheer w/ Optional Incorporation / SCA Chant  
Jr. High School - SCA Cheer or Chant - All Evaluations

**DAY III** Final Evaluation Same as Day II



# General Release/Waiver of Liability/Indemnity and Hold Harmless Agreement

*(Please read carefully. This is a Release of legal Rights)*

\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
School Represented

In consideration of being allowed to participate in any way in the 2020 SCA Summer Camp Program, I, the parents(s) and/or legal guardians(s) of the minor named above **agree to assume all risk of any kind of injury or damage my child may receive or sustain as a result of participation, including property loss, property damage, personal injury, or death.**

**By my signature below, I acknowledge my understanding of this release and hold harmless and agree and confirm that:**

1. As the parent/guardian, it is my responsibility to instruct the minor participant if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate.
2. The above-named minor may, during the course of the program, participate in the following activities; Cheerleading activities including, but not limited to, tumbling, jumps, stunting, motions, and fitness.
3. I grant permission for the above-named minor to receive medical treatment for any and all injuries and illnesses sustained or experienced during participation in the 2020 SCA Summer Camp Programs, including, but not limited to, emergency first aid, emergency transport to a medical facility, and emergency treatment by medical personnel onsite or at medical facility.
4. **Photography Consent:** By registering for a 2020 SCA Summer Camp Program, I hereby give my permission to SCA Summer Camp Programs, allowing my child's photograph to be taken during cheerleading camp activities. I am also consenting to SCA's use of said photographs for SCA public relations and/or marketing and promotional purposes and understand that I will not be compensated therefor. I also hereby release SCA from any and all claims of libel, slander, and invasion of the right of privacy or any other claims which I may have or which may arise as a result of the publication, exhibition, display, or other use of any photograph. This authorization shall be effective until revoked, in writing, and received in-hand by SCA.

I KNOWINGLY AND FREELY ASSUME ALL RISKS, BOTH KNOWN AND UNKNOWN, AND HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS, FOR MYSELF, THE ABOVE NAMED MINOR AND OUR HEIRS, ASSIGNS AND NEXT OF KIN, SCA SUMMER CAMP PROGRAMS AND EACH OF THEIR TRUSTEES, OFFICERS, EMPLOYEES AND VOLUNTEERS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY ASSOCIATED WITH THE PRESENCE OR PARTICIPATION OF THE MINOR IN MY CHARGE, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, TO THE FULLEST EXTENT PERMITTED BY LAW.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Parent / Guardian Printed name

\_\_\_\_\_  
Insurance Company

\_\_\_\_\_  
Insurance Policy Number

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Guardian Phone Number

Allergies: \_\_\_\_\_