

# All NEW Spring Curriculum

# TIGER CHEERLEADING

Sponsored by Frenship Youth Football in partnership  
with Stretch-n-Grow



## Spring Session 1 –Cheer Tumble & Stunting Classes

(Jan. 20th-March 7th):

This **Brand New 8 Week Program**, which is sure to challenge and engage all ages and experience levels from beginners to advanced and will provide the following opportunities for your child:

\* **Cheer/Tumble Class for PreK-1st Graders:**

This class will focus on the basics of cheerleading. Jumps, motions and skill presentation, while also introducing beginning tumbling from rolls, backbends, handstands, bridges, back walkovers, front walkovers, cartwheels, round-offs, leading up to back handsprings. Students will be divided into ability groups, providing additional practice for students currently enrolled in tumbling programs and introductory instruction for children who have no previous tumbling experience.

\* **Cheer/Stunting Class for 2nd-5th Graders:**

This class will focus on perfecting proper technique of jumps and motions through all new cardio and core conditioning routines and drills. Students will also learn the basics of cheer stunting with instructors knowledgeable on safety in stunting. Students will learn technique for bases, spotter and flyers.

**IN ADDITION, BOTH CLASSES** will also learn a cheer dance routine and chants, and will **perform at a Basketball Game and end of session Showcase**. A Free t-shirt and Poms will be provided for the performance!

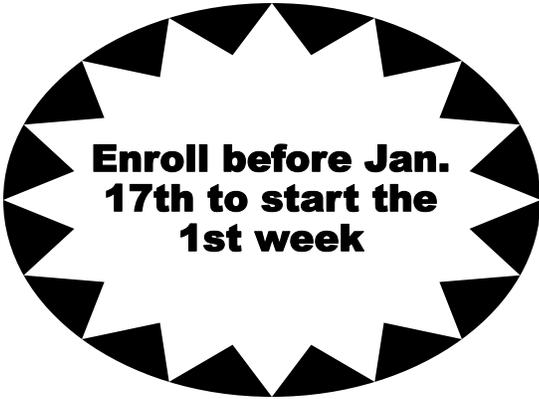
## Session 2 –Hip Hop Cheer Rock

(March 24th-May 16th):

We are getting ready to sizzle this spring with our ALL NEW CURRICULUM...Hip Hop & Cheer Rock! We are taking it to the street as we teach our kids how to move-n-groove to a Hip Hop beat! Classes will cover the fundamentals of hip hop dance: popping, locking, and funk. Children will learn trendy age appropriate dance technique and choreography. We'll also incorporate our most-requested cheer program highlights! This is sure to be a FUN departure from our classical approach to dance and cheer. This 8 week session will combine hip hop dance with basic cheerleading, as our cheer dancers learn: Cheer and Dance Terminology, Hip Hop Dance Moves, High Energy Spirit Dance, Execution of the NCA jumps and arm motions, children in Grades 2-5 will be challenged with stunting and formation changes within the dances as well. Students will be divided into age groups in which they will learn age-appropriate skills and choreography. The funky new cheer dance routine will be showcased in the "dance off demonstration" at the end of the session.

### Highlights about our program:

1. Classes held in the gym your child's school immediately after school so it is convenient for busy parents. Students who are involved in basketball, soccer or other spring sports can easily participate in cheerleading as well.
2. **Lot's of Experience**-This is our 8th year to provide after school cheerleading/dance classes in partnership with Frenship Youth Football
3. **Cost effective**- NO performance or additional registration fees.
4. **Build's School Spirit** –Students cheer for Frenship teams throughout the year.



**Enroll before Jan.  
17th to start the  
1st week**

**Registration form  
And weekly  
practice schedule  
are on the Back!!**

For more information contact:

Ashley Hastey or Renee Terry 866-529-9444

[cheer@stretchngrowtx.com](mailto:cheer@stretchngrowtx.com) [www.stretchngrowtx.com](http://www.stretchngrowtx.com)

Your child will practice each week in the gym at the school she attends unless you choose another practice location. Please notify your child's teacher that she will be walking to the gym after school on practice days. We will take attendance to make sure each child arrives safely to the gym.

**All practices will be held immediately after school and will end at 5:15pm**

**Practices begin week of January 20th**

**MONDAYS:** Oak Ridge

**TUESDAYS:** Crestview

**WEDNESDAYS:** Westwind and Bennett

**THURSDAYS:** North Ridge

**\*ALL PRACTICES HELD IN THE GYM AT YOUR CHILD'S SCHOOL**

**\*\*All students will be divided into age-groups and will learn age-appropriate material.**

**\*\*Please send a small snack each week for your child to have at practice.  
She may have water from the fountain or you may send a bottled drink with a lid.**

**\*\*You will need to pick your child up in the gym NO LATER than 5:15. A late fee of \$10 will apply after 5:20.**

**Registration- Please fill in ALL Blanks and Read Carefully**

Child's Name: \_\_\_\_\_

Age as of Sept. 1st 2013: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

My child will practice at her home school each week: YES or NO

If NOT please list school for practice: \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone #(s): \_\_\_\_\_ May we text you with info: YES or NO

E-Mail: \_\_\_\_\_

(Please print clearly-information regarding classes and game schedules will be sent via e-mail and text)

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

T-shirt\* Size (circle): Xsmall (2/4) Small (6/8) Med (10/12) Large (14/16) Adult Small

\*\*T-SHIRT IS FOR SESSION 1 ONLY.

\_\_\_\_ YES, my child attends on-site after school care. Please pick-up/drop off in cafeteria for practice.

\_\_\_\_ No my child does NOT attend the on-site after school care

Please list any health concerns: \_\_\_\_\_

**Pricing Box 1: Class Fees  
(Please check one)**

\_\_\_\_ Session 1\*\*(\$85) OR  
\_\_\_\_ Session 2 (\$75) OR  
\_\_\_\_ Both Sessions (\$160)

\*\* T-shirt and basic pom poms to be used at performance are included in session 1.

\_\_\_\_ Subtotal of Class Fees

**Pricing Box 2: Discounts  
(please check any that apply)**

\_\_\_\_ **\$10 Discount** if enrolling in BOTH SESSIONS

\_\_\_\_ Subtotal of Discounts

**Pricing Box 3: TOTALS**

\_\_\_\_ Subtotal Box 1-Class Fees

\_\_\_\_ Subtract Subtotal Box 2-Discounts

= \_\_\_\_\_ **TOTAL DUE FOR TIGER CHEERLEADING**

**PAYMENT OPTIONS**

\_\_\_\_ Check \_\_\_\_\_ Cash/ Money Order  
\_\_\_\_ Credit Card

**\*Please make checks payable to Stretch-n-Grow or fill out CC info below**

Card Number: \_\_\_\_\_

Type of Credit Card: \_\_\_\_\_ Expiration: \_\_\_\_\_

Name on Card: \_\_\_\_\_

\*\*\*\* a \$3 processing fee will apply to all credit card transactions.

**Please make payment to Stretch-n-Grow and mail to:**

PO Box 148  
Wolfforth, TX 79382

**OR Register Online at [www.stretchngrowtx.com](http://www.stretchngrowtx.com)**