

All NEW Spring Curriculum

WHITESIDE CHEERLEADING

Sponsored by **Stretch-n-Grow** and
Whiteside After School Care



Spring Session 1 –Cheer Tumble & Stunting Classes

(Jan. 13th-Feb. 28th):

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 High School Game and end of session Showcase**. A Free t-shirt and Poms will be provided for the performance!

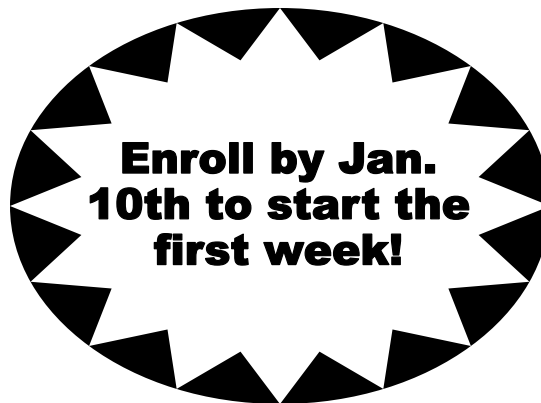
Session 2 –Hip Hop Cheer Rock

(March 17th-May 9th):

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 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.
3. **Cost effective**- NO performance or additional registration fees.
4. **Build's School Spirit** –Students cheer for school teams throughout the year.



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

For more information contact:

Renee Terry OR Ashley Hasty 866-529-9444

cheer@stretchngrowtx.com www.stretchngrowtx.com

Place: Whiteside Elementary Gymnasium
Days: Every Thursday for grades PK-5th
Session Dates: Session 1– Jan. 16th-March 6th
 Session 2– March 20th-May 8th
Times: 3:30 to 5:15

**(Students will be picked up/dropped off from after school care in cafeteria.
 All students will practice at the same time with girls split into age groups)**

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)
 ** Free 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 WHITESIDE 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.stretchngrowth.com