

# Exeter Gymnastics Club



## Holiday Cheerleading Workshop 2010 Application Form

Exeter Gym Club's New Holiday Activity "**Cheerleading Workshops**" are a great way to develop performance and confidence in a "Fun Way" and will be organised in all school half-term and holiday periods in 2010. Any club member and their friends may attend these workshops and their ability will be catered for in the programme. The next workshop will be in the August school holidays and will include Cheerleading, Cheer Dance, Pom Dance, Street Cheer, Cheers & Chants, Stunts, Acrobatics, Displays & Formation Work. Each workshop will finish with a display and presentations of Spirit and Participation Awards.

### The Aim:

To raise Self-Esteem, Build Confidence and Encourage Self-Discipline. Develop Friendship, Mutual Trust and Respect through Teamwork and most of all fun!

### Workshop Date and Timings:

**August Workshop: Friday 12.30pm to 3.30pm 20<sup>th</sup> August 2010**

### Workshop Activities.

1. Cheerleading, Cheer Dance, Pom Dance, Street Cheer, Cheers & Chants, Stunts, Acrobatics, Displays & Formation Work.
2. BAGA Spirit Award Scheme Programme.
3. Participation Awards to encourage: Best Team Worker, Best Voice, Best Smile, Best Spirit, etc.
4. Workshops are conducted by coaches qualified to the standards of the UK Cheerleading Association.
5. Parents are advised that they may watch a short display of some of the work covered on the Workshop, this will be at 3.15pm on the last day.

### Workshop Fees are: (Non-Refundable)

Workshop of 3 hours: £15.00 each

NB. The Club is registered as a 'Don't Stop Me Now' activity provider. If eligible you can use your funding for this course.

### How to attend.

Each Workshop has a limited number - to guarantee a place, ask for an application form, complete and return it to the address below with the appropriate fees as soon as possible. Advanced booking with fees may be made for any course. Gymnasts must be registered member of the Exeter Gymnastics Club and British Gymnastics or be prepared to take out Temporary Membership.

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### Exeter Gymnastics August Cheer Workshops Attendance Application

#### August Cheer Workshop: 20<sup>th</sup> August 12.30pm to 3.30pm

Name.....DOB.....Age.....

Address.....

.....Tel.No.....

Emergency contact whilst attending Workshop.....

I do / do not agree to First Aid being administered without my presence. (I.e. Application of plasters & TCP antiseptic)

Parent/Guardian.....Signature.....Date.....

Fees enclosed.....with cheques made payable to EOGC. Thank you.

Exeter Gymnastics Club, Bull Meadow Park, Bull Meadow Road, Exeter EX2 4JF Tel: 01392 250381 Fax: 01392 435532

[www.exetergymclub.org.uk](http://www.exetergymclub.org.uk)

Affiliated to British Gymnastics, South West Amateur Gymnastics Assoc., Devon Amateur Gymnastics Assoc.,

