



CHEERLEADING COLLEGE PREP CLINIC

Are you planning to tryout for a College Cheer Squad?

***** Get prepared with the Hofstra Cheerleaders! *****

SUN. MARCH 1st 10:30am-1:00pm – Fitness Center

SUN. MARCH 22nd 10:30am-1:00pm – Fitness Center

\$40 for 1 session, \$60 for 2

COED ONLY CLINIC MARCH 8TH 5:00-7:00pm \$40

This 1 Day session is designed for High School Juniors, Seniors, and College Undergraduates interested in College Cheerleading. Whether you plan to tryout for HU Cheer or not, our staff will be dedicated to providing you with everything you need to know for YOUR college tryout!

College Prep Clinic will include:

- *Coed Stunting (Basic to Adv.)**
- *All girl Collegiate Stunting**
- *Standing/Running Tumbling**
- *Basket Toss Fundamentals**
- *Strength & Conditioning Tips**
- *Demo of a College Tryout**
- *Discuss what Judges are looking for**

Limited to the first 50 registered! Please register soon!

(To participate you must bring completed Liability Form and Registration Form)

**2015 HOFSTRA UNIVERSITY
CHEERLEADING COLLEGE PREP CLINIC
REGISTRATION FORM**

SUN. MARCH 1st 10:30am-1pm & SUN. MARCH 22nd 10:30am-1pm

\$40 FOR 1 CLINIC, \$60 FOR 2 CLINICS

ADDITIONAL COED ONLY CLINIC MARCH 8TH 5-7PM \$40

NAME: _____ **DOB:** _____

ADDRESS: _____

CITY: _____ **ST:** _____ **ZIP:** _____

HOME PHONE: _____ **CELL PHONE:** _____

EMAIL: _____

SCHOOL NOW ATTENDING: _____

PLEASE CIRCLE: HS JUNIOR HS SENIOR COLLEGE UNDERGRAD.

INTERESTED IN CHEERING FOR: _____

DATE ATTENDING:

MEDICAL INFORMATION: *Section must be completed in order to participate in event

Medical Insurance

Policy Number

List any present and/or prior injuries (If none, write none):

Any physical therapy required? If yes, what? (If none, write none):

List any medications you are currently taking (If none, write none):

List any allergies (If none, write none):

This completed Liability Release Form along with payment will be collected the day of clinic!

Please make checks payable to: HOFSTRA UNIVERSITY

To register please email, fax or mail this form

Hofstra University
College Prep Clinic
200 Hofstra University
260 Student Center
Hempstead, NY 11549

Fax: 516-463-6030

Email: HUCheerCoach@aol.com