

Providence Catholic High School Cheerleading & Dance Program



1800 W. Lincoln Highway • New Lenox, IL 60451 • (815) 485-2136 • www.providencecatholic.org

Cheerleading webpage: <http://il.8to18.com/providence/activities/cheerleading/g>

Dance webpage: <http://il.8to18.com/providence/activities/dance/g>

Follow us on Twitter: @girls_in_green @celticpomsquad Follow us on Instagram: @Providence_Catholic_Cheer @pchs_poms

Mon., Oct. 14, 2019 Columbus Day Cheerleading & Dance Clinic Registration

Grades: K-8th graders; individuals and teams are welcome!

Location: Sacred Heart Gym/Immaculate Heart Gym

Times: **Check-In:** 9:00 AM **Clinic Starts:** 9:30 AM **Performance:** 12:00 PM **Dismissal:** 12:30 PM

Fee: \$40 per participant includes a PCHS cheerleading or Dance tee shirt and a season pass to PCHS home athletic events for the 2019-2020 season. **Registration form and payment due by Fri., Sept. 20, 2019.**

Cheerleading: Participants will learn stunting, jumps, motions and chants with the PC cheerleaders and coaches. Each grade group will have a mini performance choreographed for them. Participants may perform tumbling skills they can already execute on their own. ****For stunt safety, please remove all jewelry before arriving to the clinic, have hair pulled back in a ponytail, and finger nails cut to fingertips. Wear athletic shoes with shoe laces, athletic shorts, and a short-sleeve tee shirt that covers shoulders and tummy.****

Dance: Participates will learn a short routine and technique with your age appropriate groups by the PC Dancers and Coaches. Participants will also learn a short whole dance camp routine. Hair Must be pulled back in ponytail, wear either athletic shoes or jazz shoes, athletic shorts or leggings.

Help Us to Help Others



The PCHS cheerleaders & dancers pride themselves on their commitment to giving back to the community. Food pantries and homeless shelters are in need of restocking their food supplies. Please bring any non-perishable breakfast item to the PCHS gym when you check in for the clinic: a box of cereal, oatmeal, pancake mix and syrup, breakfast bars, etc. Thank you for being part of Providence Catholic's community spirit!

We expect another large turn-out this year! If you have any questions, please contact Head Varsity Cheerleading Coach Meg Picard at celticscheer@gmail.com or Head Varsity Dance Coach Stephanie Coglianese pchscelticpoms@yahoo.com

SHADOW DAYS

8th Graders (1st Semester)
7th & 8th Graders (2nd Semester)
Shadow a PCHS cheerleader or dancer

OPEN HOUSE

All families invited
Sunday, October 20th, 2019
10 am - 1 pm

PLACEMENT EXAM

8th Graders
Saturday, December 7th, 2019
8 am -11:30 am

Experience being a PCHS student for the day by shadowing a PCHS Cheerleader or Dancer!
Register for a Shadow Day on-line at: <http://www.providencecatholic.org/admissions/shadow-days/>
Questions? Contact Rachel Ellingson, Enrollment Director, at (815) 717-3160.

Registration Form for Providence Catholic Oct. 14th, 2019 Columbus Day Cheerleading and Dance Clinic

Return this registration form and \$40 clinic fee before Fri., Sept. 20th, 2019 PLEASE FILL OUT ONE FORM PER CHILD.

Participant's Last Name: _____ First Name: _____

Registration for Cheer or Dance (please circle one): **CHEER** **DANCE**

School: _____ Grade: **K** **1** **2** **3** **4** **5** **6** **7** **8**

Home Telephone #: _____ Parent's Cell/Emergency #: _____

Home Address: _____

City: _____ State: _____ ZIP: _____

Current Cheerleading/or Dance Team/Program/Studio: _____

Tee Shirt Size: YS YM YL AS AM AL Returning Participant First-Time Participant

Parent/Guardian Name(s): _____

Parent/Guardian Email Address: _____

I give permission for my child to participate in the Providence Catholic High School Columbus Day Cheer and Dance Clinic.

Parent's/Guardian's Signature: _____

Date: _____

PLEASE MAIL YOUR REGISTRATION FORM AND CLINIC FEE TO:

Checks payable to: Providence Catholic High School; "Columbus Day Cheer and Dance Clinic" in check memo.

Mail to: Providence Catholic Columbus Day Cheer and Dance Clinic

Attention: Coach Meg Picard (cheer) Coach Stephanie Coglianese (dance)

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New Lenox, IL 60451

NOTE: Providence Catholic High School reserves the right to photograph participants for the purpose of marketing.

~~ For Office Use Only ~~	
Date Registration and Payment Received: _____	Amount: \$ _____
Amount: \$ _____	Check #: _____