

Permission Form

I understand that my child will receive instruction in the basic principles of Speed, Agility, and Quickness Training and will spend significant time performing various drills and techniques under the supervision of experienced instructors. With this form, I give consent for my child to Participate. I recognize that participation in recreational and instructional activities, even when well supervised and managed, pose a risk of physical injury. I agree to assume such a risk on behalf of my child.

Parent/Guardian Name (Please Print)

Parent/Guardian Name (Please Sign)

Release of Liability

I, the undersigned, hereby agree to indemnify and hold Homewood-Flossmoor High School free from liability for any medical and/or accident expenses which my minor child may incur during involvement in the Speed, Agility, and Quickness Training held at Homewood-Flossmoor High School. I hereby certify that my child is provided coverage via personal health and accident insurance, which is sufficient to cover any and all of the expenses, noted above, which might occur.

Parent/Guardian Name (Please Print)

Parent/Guardian Name (Please Sign)

CAMP COACHES

The Homewood-Flossmoor Pom-Pons Camp staff is comprised of the current Viking coaching staff. The staff is dedicated to providing each camper an educational experience in a focused environment.

Amanda Harrington, Head Coach

Katie Nieckula, Assistant Coach

Coach: Amanda Harrington

Phone: 708-799-5380

Email: aharrington@hfhighschool.org

HOMEWOOD-FLOSSMOOR HIGH SCHOOL
999 KEDZIE AVE.
FLOSSMOOR, IL 60422-2299

HOMEWOOD-FLOSSMOOR
HIGH SCHOOL



POM-PONS



Summer 2009

CAMP GOALS

Session A: Kiddy Camp — Grades 1-4

- Right/Left Split
- Toe Touch
- Right/Left Leap
- C-Jump
- Single Turn

Session B: Tween Camp — Grades 5-8

- Right/Left Split
- Tow Touch
- Right/Left Leap
- C-Jump
- Single Turn
- Straight Legs
- Switch Leap

Both camps will learn one dance focusing on the following skills:

- Projection
- Technique
- Memory
- Overall Appeal

CAMP DATES

Session A Kiddy Camp
 Participants: 1st — 4th grades
 Dates: June 22 — 25
 Time: 1pm — 3pm
 Location: South Building Cafeteria
 Price: \$70.00

Session B Tween Camp
 Participants: 5th — 8th grades
 Dates: July 6th — 9th
 Time: 1pm — 3pm
 Location: South Building Cafeteria
 Price: \$70.00

CAMP NECESSITIES

All participants are expected to wear comfortable clothes and tennis shoes, to secure hair, and to bring plenty of water.

Pom-Pons Registration

Sign up for:	Session	Price
<input type="checkbox"/> Kiddy Camp : Grades 1st—4th	A	\$70.00
<input type="checkbox"/> Tween Camp : Grades 5th—8th	B	\$70.00
	Total:	_____

Method of Payment

- Cash
 Check Payable to HFHS

Athlete's Name

Address

Home Phone

Cell Phone

Parent's/Guardian's Name

Work Phone

Cell Phone

Youth T-Shirt Size

- | | |
|---------------------------------|------------------------------------|
| <input type="checkbox"/> Small | <input type="checkbox"/> X-Large |
| <input type="checkbox"/> Medium | <input type="checkbox"/> XX-Large |
| <input type="checkbox"/> Large | <input type="checkbox"/> XXX-Large |

After completing both sides, place the registration form and payment in an envelope addressed to Coach Harrington and drop it off at the H-F Athletic Office.