



CHEER SUMMER CAMP INFORMATION

July 21 - 24, 2011

THANK YOU for signing up for a Cheergyms.com Summer Camp! We hope to provide you with the safest, most exhilarating and extremely fun camp you have ever attended. It is our goal to give you everything the other camp companies do, plus much, MUCH MORE!!! Here are some helpful hints on how to make your camp experience the best ever!

PLACE: California Maritime Academy 200 Maritime Academy Drive Vallejo, Ca 94590-8181 707-654-1039	TIMES: Arrive at 11:00 am on Day 1, at Cal Maritime Academy Pick-up at 1:00 pm on Day 4, from Cal. Maritime Academy	COMPANY: Cheergyms.com, Inc. 2060 Commerce Ave., Concord, CA 94520 www.cheergyms.com 866-685-7516
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EMERGENCY PHONE NUMBERS FOR PARENTS:

Morton Bergue 925-382-8923 Cal. Maritime 707-654-1039

COST:

\$365.00 per participant (\$400 after 6/21/10; \$285 per commuter; 1 Advisors/Coaches FREE per team, \$100 each coach after).

“THE CLUB” school’s get a discount and only pay \$325 for camp! Make checks payable to Cheergyms.com.

Final Payment due July 10, 2011. Each team will receive a list of the cheers & chants and a CD of all the music provided at the camp.

SUGGESTIONS OF THINGS TO BRING:

- | | | |
|---|-------------------|--|
| Sack Lunch for Day 1 (Meals do not start until dinner on Day 1) | T-shirts | Costumes for skits |
| Sleeping bag/Bedding | Shorts | Hair Holders/Bows |
| Water bottle | Socks | Money for the Camp Store |
| Towels | Cheer Shoes | NO Long Nails |
| Fan for your room | Sweatshirt | NO Jewelry |
| Sunscreen | Sweatpants | Decorations for hall contest |
| Completed Medical/Release/Likeness Forms (See attached sheets) | Fun Nite clothes! | A lanyard with your name on it for your room key |

*****Please bring a CD Player with batteries to use during camp!******

WALL DECORATING CONTEST:

We are having a wall decorating contest! Each team will select a theme and decorate an 8’ X 8’ section of the gym to fit the theme. The judging of the wall will take place on the evening of Day 1 and the winners announced the morning of Day 2. The prize is going first to lunch and dinner on Day 2. You can hang signs with blue masking tape ONLY and are responsible for taking everything down before the last day of camp. All decorations MUST be down by the morning of Day 4.

FUN NITES:

This year each night will be a “FUN NITE”. Day 1 is “Cowboy Nite”. We will play relay games and have fun contests. Day 2 is “Skit Nite”. Bring on your best skit to perform for the whole camp! The winners of the “Best Skit” will be announced the morning of Day 3. The prize is going first to lunch and dinner on Day 3. Day 3 is “Hawaiian Nite”. This is our serious night where you and your teammates will really get to know each other! There will activities each night to help your team bond and have a fun time at camp!

LOST KEYS:

Lost room keys are \$80. If you lose your key, payment will need to be made BEFORE you leave the campus or the school will be charged. It is suggested that each team bring lanyards or string and attach the participants name to it for the week. This will help in being able to locate the participant if a key is found.

PARENTS COMING TO WATCH:

Parents are welcome to come see the final evaluations and awards at 11:00 am on Day 4. Please bring cameras and video cameras

CHEERING AT CAMP:

Being spirited is greatly encouraged at camp between the hours of 8 am and 9 pm . We also ask you not to cheer around the dorms.

ROOMING LIST:

Only 2 participants per room are allowed. If you need to put 3 into a room please place the single girl in an adjacent room by herself and note that she will be moving a mattress to another room. It is the responsibility of the participants to return any furniture moved from one room to another. Furniture not returned may be cause for a fine by the school. **The rooming lists are due before July 10, 2011.**

ADVISOR RESPONSIBILITIES:

Every team must have an adult advisor with the team at all time in case of emergency. Every team's advisor will be completely responsible for the team from 9:00 pm to 9:00 am while the team is not in an instructional situation. The advisor is in charge of all disciplinary actions that must be taken and is expected to make sure there team is above reproach while at camp. Team's arriving without an adult supervisor will be asked to leave without a refund. The Advisor must bring all Medical Release, Liability Release and Usage of Likeness Forms to registration on Day 1 of camp. It is also the advisors responsibility to make sure all broken items in the rooms are reported before the end of Day 1 of camp. Any messy rooms, broken furniture and/or misplaced items will be charged a cleaning and/or replacement fee by the California Maritime Academy. That fee will be passed onto the school of which the participant is from. **The advisor must send in the final payment and rooming lists before July 10, 2011.**

CHECK-IN PROCEDURES:

All cheerleaders will arrive at the California Maritime Academy between 11:00 am – 12:00 am on Day 1. Check-in, get keys and take luggage to your rooms. Each room will receive a check-in card to assess any damages to the room. Please fill it out and hand it in at the beginning of camp. Any damages to the room may be charged to the participants and their school if not reported ahead of camp. Eat your bag lunch on the grass from 11:45 – 12:45 pm. You will then proceed to the main gym for the opening of camp.

CHECK-OUT PROCEDURES:

On Day 4 everyone will clean up their rooms and pack **before** they come out for classes. Everyone will bring his or her luggage down to the gymnasium where it will be stored and watched by a staff person. Each coach will be responsible for collecting their team's keys and the \$50 for lost keys **before** they check their team out. Remember to clean you room properly. Any messy rooms, broken furniture and/or misplaced items will be charged a cleaning and or replacement fee by the California Maritime Academy. That fee will be passed onto the school of which the participant is from. PLEASE tell the parents to park near the gym to pick up their child since all their luggage will be down at the gym on the last day.

EVALUATIONS

On Day 2 each team will be evaluated on 1 cheer and 1 chant taught at camp on Day 1. Day 3 each team will be evaluated on a half time performance taught on Day 2 & 3. On Day 4 they will choose the performance they feel they did best and do it for the last day of evaluations. Each team will be assigned an instructor to help them perfect the routine and chant for the evaluation. There is no need to bring any cheer or routine from home to be evaluated.

STUDENT RESPONSIBILITIES

It is expected that the cheerleaders will be ready to work and work hard. Please read them the rules and regulations. Any variance from the rules and regulations will be cause for dismissal from the camp without refund. (See attached sheet)

CAMP STORE

There will be cheer store with t-shirts and sweatshirts for sale ranging from \$15.00 - \$35.00.

PARKING:

Parking is limited to the upper parking lot and the parking lot near the gym. NO PARKING OR STOPPING in the parking lot next to the dorms. Parking is \$5.00 a day and you can purchase a daily parking ticket in Lot B next to the Administration building or Lot D next to the gymnasium. Or you ca purchase a parking pass for the week for \$25.00 from Cheergyms.com. For those staying the entire time you will be responsible for purchasing parking tickets each day. Parking IS NOT included in the registration fee for camp.

AWARDS

Awards will be given each day for spirit, individual skills and evaluations. At the end of camp there will be team awards for best tumbling, jumping, stunting and best overall teams as well as best individual awards.

CANCELATIONS

Any cancellations less than one week prior to camp will not receive a refund. **All cancelations must be in writing and sent to the main office by July 10, 2011.**

Any questions please contact Morton at morton@cheergyms.com.

See you at camp!



California Maritime Academy

July 21 – 24, 2011

TENTATIVE CAMP SCHEDULE

Day 1	Day 2	Day 3	Day 4
<p>11:00 am - Check-in & start decorating your wall in the gym!</p> <p>1:00 pm – Intros & Staff Performance</p> <p>1:30 pm – Camp Dance</p> <p>2:00 pm – Stunt Timing</p> <p>3:00 pm – Camp Cheer</p> <p>3:30 pm – Half-Time Class</p> <p>4:30 pm - Electives</p> <ul style="list-style-type: none"> • Beginning Tumbling • Standing Back Handspring • Specialty Tumbling Passes • Dance 1 • Performance Cheer 1 <p>5:30 pm – Dinner</p> <p>7:30 pm – “Cowboy Nite” Activities! Evening Awards!</p> <p>*** NO NEED TO BRING ANYTHING FROM HOME FOR EVALUATIONS!***</p>	<p>6:30 am – Breakfast</p> <p>8:00 am – Warm-ups/Chants Announce winners from Wall Decorating Contest</p> <p>8:30 am – Jumps & Jump Drills</p> <p>9:00 am – Electives</p> <ul style="list-style-type: none"> • Beginning Tumbling • Standing Back Tucks • RO Back Handsprings • Dance 2 • Performance Cheer 2 <p>10:00 am – Break</p> <p>10:15 am Electives</p> <ul style="list-style-type: none"> • Extensions, Show-n-Go’s, & Single based Ext. Preps • Lib and Lib Variations • Basket Tosses <p>11:15 am – Half-Time with Private Coach</p> <p>12:30 pm – Lunch</p> <p>2:30 pm – Dismounts & Cradles</p> <p>3:30 pm - Working with Private Coach on Evaluation</p> <p>5:30 pm – Dinner</p> <p>7:30 pm – Evening Evaluation</p> <p>8:30 pm - “Skit Nite” Activities! Evening Awards!</p>	<p>6:30 am – Breakfast</p> <p>8:00 am – Warm-ups/Chants</p> <p>8:30 am – Jumps & Jump Drills</p> <p>9:00 am – Electives</p> <ul style="list-style-type: none"> • Beginning Tumbling • RO Tucks/BHS Tucks • Specialty Passes • Dance 3 • Performance Cheer 3 <p>10:00 am – Break</p> <p>10:15 am Electives</p> <ul style="list-style-type: none"> • Lib and Lib Variations • Creative Stunts • Basket Tosses <p>11:15 am – Pyramids with Private Coach</p> <p>12:15 pm – Team Bonding</p> <p>12:30 pm – Lunch</p> <p>2:30 pm – Dismounts & Cradles</p> <p>3:30 pm - Working with Private Coach on Evaluation</p> <p>5:30 pm – Dinner</p> <p>7:30 pm – Evening Evaluation</p> <p>8:30 pm – “Hawaiian Nite” Activities! Evening Awards!</p>	<p>6:30 am – Breakfast & Cleaning rooms and taking luggage to Advisors room</p> <p>9:00 am – Warm-ups/Chants</p> <p>9:30 am – Review weeks material</p> <p>10:00 am – Working with Private Coach on Final Evaluation</p> <p>11:00 am – Final Evaluation</p> <p>12:15 pm – Final Awards</p> <p>1:00 pm – Camps ends!</p> <p>***Be thinking on what team your squad wants to vote for to receive the Cheergyms.com Spirit Award!***</p>



SUMMER RESIDENTIAL, 2-DAY AND PRIVATE CAMPS

RULES AND REGULATIONS

- It is expected that all students properly warm up and stretch before participating in any cheergyms.com activity.
- It is expected that all students will listen carefully to instructions and not talk during instructional sessions. It is very important that each student understands all instructions so to complete each skill in a safe manner.
- It is expected that all students will arrive on time and be ready for the instructional session.
- It is expected that all students will behave like young adults and have complete respect for the instructional staff and support staff.
- Students will not wear jewelry while participating in an instructional session.
- Students will not have long nails while participating in an instructional session.
- Students will have their hair pulled away from their face while participating in an instructional session.
- Students will wear the proper clothing while participating in an instructional session (EX: cheer shoes, t-shirt, shorts, socks, no baggy clothing, no metal or plastic barrettes, no slip on shoes, etc.)
- Students will not use profanity while participating in an instructional session.
- Students will not tumble, stunt or do any activity without a qualified cheergyms.com employee in the area watching the skill being performed.
- It is expected that if parents are allowed to watch they will not make comments, suggestions or any kind of noise that would disrupt the training session.
- All students must have a Cheergyms.com Medical Information Form, Cheergyms.com Use of Likeness and a Cheergyms.com Release Agreement with them at all times while participating in any Cheergyms.com activity.
- The advisor/coach of the school/organization must remain in the training area during all instructional sessions. They will be the first contact in case of an injury or any other mishap, disruption or disciplinary matter.
- Smoking, the use of drugs, bringing any contraband, use of illegal weapons, etc. is against the law and the rules of cheergyms.com and will mean immediate dismissal from the instructional sessions without a refund.
- All participants will treat the facility with the utmost respect. Any vandalism, destruction or mistreatment of property will be charged to the school/organization that caused the damage.

Remember breaking any rules makes the camp not run as smoothly as needed for fun and success. Any school/organization or individual therein that does break the rules risks having the entire team dismissed from the camp without a refund, risk legal prosecution if necessary and risks their future participation at any Cheergyms.com camp and/or event. Thank you ahead of time for wanting to make the camp a well organized and exciting time!



Liability Release Agreement

Participants' name : _____ (“Student”)

This release Agreement (“Agreement”) is made effective as of ____/____/____ (Date) by and between

Cheergyms.com, Inc., its affiliates and _____ (“Customer(s)”) (Parent or Legal Guardian)

RECITALS (Classes, competitions, performances, practices, private instruction, trip or event)

- A. Cheergyms.com, Inc. provides instruction and services relating to cheerleading.
- B. Customer(s) wish for _____ (Student) to receive such instructions and services and has agreed to release Cheergyms.com, Inc. as set forth below as part of the consideration for such instruction and services.

NOW, THEREFORE, the parties agree as follows:

AGREEMENT

1. **Risk.** Customer understands that cheerleading activities have inherent dangers that no amount of care, caution, instruction, or expertise can eliminate. Customer expressly and voluntarily assumes all risk that, subsequent to executing this Agreement, student will incur or suffer personal or bodily discomfort, loss, personal injury, disability, death, damage, or property damage, or any of these, which are in some way caused by or related to the instruction, activities, or services provided by Cheergyms.com, Inc.. Further, there is a risk that such bodily injury, discomfort, loss, bodily damage or disability, or any of these, may be more serious than the undersigned knows, expects, or anticipates.
2. **Release.** In consideration of the covenants and provisions of this Agreement, Customer forever releases and discharges and holds Cheergyms.com, Inc. and its affiliates, representatives, employees, attorneys, and agents of and from any and all claims, debts, liabilities, demands, obligations, promises, acts, costs and expenses (including without limitation attorney’s fees and costs), injuries, damages, actions, and causes of action of whatever kind or nature including, but not limited to, the releasees’ negligence or non-willful acts or omissions, whether known or unknown, suspected or unsuspected, in connection with or relating to the instruction, activities, or services provided to the student by the releasees’ including travel, lodging, or other activities undertaken off-site which are sponsored by the releasees. Customer agrees and acknowledges that this release applies to both known and unknown claims and, upon advice of Customer’s independent legal counsel, agrees to waive the benefits of California Civil Code section 1542, and any similar federal statutes, which states as follows:
3. **A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR DOES NOT KNOW OR SUSPECT TO EXIST IN HIS FAVOR AT THE TIME OF EXECUTING THE RELEASE, WHICH IF KNOWN BY HIM MUST HAVE MATERIALLY AFFECTED HIS SETTLEMENT WITH THE DEBTOR.**
4. **Indemnity.** Customer(s) hereby agree, jointly and severally, to indemnify, defend and hold Cheergyms.com, Inc. harmless from and against any claim, cause of action, action, damage, death, liability, obligation, expense, lien, demand, account, and/or costs (including payment of attorneys’ fees and legal costs actually incurred whether or not litigation is commenced) based on, in connection with, or arising out of any bodily discomfort, loss, bodily injury, disability, death, or any damage of any nature whatsoever.
5. **Emergency Medical Information.** Customer(s) have provided on Exhibit A attached hereto all emergency medical information relevant to the Student.
6. **Arbitration.** Except for matters within the purview of the California Small Claims Court Act, any controversy or claim arising out of, or relating to, this Agreement, or the making, performance, or interpretation of it, shall be settled by arbitration in Contra Costa County pursuant to the California Arbitration Act, CCP § 1280, *et seq.*, and judgment on the arbitration award may be entered in any court having jurisdiction over the subject matter of the controversy.
7. **Integration.** This Agreement constitutes a single integrated written contract expressing the entire agreement between the parties hereto relative to the subject matter hereof. This agreement supersedes all prior or contemporaneous agreements.
8. **Law.** This Agreement shall be governed by and shall be interpreted in accordance with California law.
9. **Rules & Policies.** Customer(s) agree to adhere by all the rules and policies posted in the Cheergyms.com, Inc facility and listed on the “Rules & Policies” hand-out that is located on the back of the monthly schedule, written in the “All-Star Handbook”, located online at www.cheergyms.com or given to the customer(s).
10. **Usage of Likeness Release**
I understand and agree that videos and photographs will be taken throughout all events of all cheerleading activities. These videos and photographs and the likeness of the undersigned Student are for official use by Cheergyms.com, Inc.; on its website, brochures, flyers and other advertising materials. We understand that the undersigned Student might be in these videos and photographs and agree to let Cheergyms.com, Inc. use his/her likeness. Cheergyms.com, inc. will not release or sell these photos or videos to any other company for profit. Videos and photos are use for Cheergyms.com, Inc. and its affiliates exclusively. _____ **Customer(s) Initials.**
11. **Received Cheergyms.com Rules and Policies**
I have received and read the Cheergyms.com Rules and Policies. _____ **Customer(s) Initials.**

IN WITNESS WHEREOF, the parties have executed this Agreement as of the date first written above.

CHEERGYMS.COM, INC. (2060 Commerce Ave., Concord, CA 94520 Tel: 866-685-7615 Fax: 925-685-8899 www.cheergyms.com)
A California corporation

Parent/Guardian Signature: _____ (Customer(s)) Date: _____

Participants' Signature: _____ (Student) Date: _____

Cheergyms.com, Inc. Signature: _____ (Witness) Date: _____

Make sure you have the Cheergyms.com Medical Information Form that MUST accompany this form!



Emergency Medical Information

Participants' Name: _____ Birth Date: _____

Participants' Address: _____

Participants' City/State/Zip: _____

Participants' Phone: Home: _____ Cell: _____ Email: _____

Mom/Guardian Name: _____ E-mail: _____ Occupation _____

Mom /Guardian Phone: Home# _____ Cell# _____ Work# _____

Dad/Guardian Name: _____ E-mail: _____ Occupation _____

Dad /Guardian Phone: Home# _____ Cell# _____ Work# _____

Person to be notified other than parent/guardian in an emergency

Name: _____ Relationship to Participant: _____

Cell Phone: _____ Home Phone: _____ Work Phone: _____

Medical Information

Family Doctor: _____ Phone: _____

Insurance Company: _____ Policy/Kaiser#: _____

Heart Condition: yes no Asthma: yes no Diabetes: yes no Allergies: yes no Convulsions: yes no

Allergic to: _____

Medications currently taking: _____

Any pre-existing injuries: _____

Additional medical information that may be helpful: _____

I certify that my son/daughter is mentally and physically capable and able to fulfill the requirements to participate in any class, performance, practice, trip, and/or event sponsored by Cheergyms.com, Inc . and it's affiliates. In the event of an emergency occurring while my son/daughter is at Cheergyms.com, Inc. and/or its affiliates sponsored class, performance, practice, trip, and/or event, I grant permission to Cheergyms.com, Inc., its affiliates and employees to take whatever action necessary. _____ **Parents/Guardian Initials.**

In the event that I cannot be reached, I hereby authorize Cheergyms.com, Inc., its affiliates and employees to give consent for my son/daughter to receive medical treatment. _____ **Parents/Guardian Initials.**

Parent/Guardian Signature: _____ Date: _____

Participants' Signature: _____ Date: _____

Make sure you have the Cheergyms.com Liability Release Form that MUST accompany this form!

Office Use Only: (Check all the apply)

Concord Cheer Gym San Jose Cheer Gym Petaluma Classes Privates The Club! All-Stars Gym Rental _____

Spirit Spectacular: Camps/Clinics Choreography Other: _____

Medical Information Form Received Liability Form Received Entered on Computer Entered on Mailing List

Date Membership Paid: All-Star The Club! Classes/Privates Other _____

Employee who filled out this box: _____

**Cheergyms.com Summer Camp 2011
Squad Rooming Roster**

Organization Name: _____ Squad Type: _____

Please put (P) next to participants, (A) next to adults (M) next to males..
Please email to morton@cheergyms.com or fax to: 925-685-8899
BEFORE July 10, 2011

ROOM 1:

ROOM 11:

ROOM 21:

ROOM 2:

ROOM 12:

ROOM 22:

ROOM 3:

ROOM 13:

ROOM 23:

ROOM 4:

ROOM 14:

ROOM 24:

ROOM 5:

ROOM 15:

ROOM 25:

ROOM 6:

ROOM 16:

ROOM 26:

ROOM 7:

ROOM 17:

ROOM 27:

ROOM 8:

ROOM 18:

ROOM 28:

ROOM 9:

ROOM 19:

ROOM 29:

ROOM 10:

ROOM 20:

ROOM 30:
