



# SUMMER 2019

**CAMPS | CLASSES | TEAM PRACTICES**



**Join us for a fun-filled summer in the gym! Maintain/improve current skills and learn some new ones!! Train hard, sweat lots!!! Make new friends!**

## JULY 2 – AUGUST 30 | REGISTRATION ON NOW!

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
July 2-5 <small>*Tue-Fri</small>	July 8-12	July 15-19	July 22-26	July 29-Aug 2	Aug 6-9 <small>*Tue-Fri</small>	Aug 12-16 NO TRAINING	Aug 19-23	Aug 26-30

**The following camps and specialty classes are open to ANYONE; you do not need to be currently enrolled in a tumble class or all-star team to participate in these camps!**

*\*except team training, page 2\**

### **SUPERSTARS FULL-DAY CAMP**

Monday-Friday

Weeks 4 & 8

Ages 6-11 years

Campers will spend their afternoons in our awesome gym, working on tumbling, strength, flexibility, and even a little bit of choreography with **Dazzle** team members. In the mornings, our full-day athletes will have fun working on crafts, going on excursions, and watching movies in our upstairs lounge! Please send your athlete with a lunch (full-day only) and snack, as well as running shoes and a water bottle.

### **LEVELS 1-2 BEG/INTERMEDIATE TUMBLE CAMP \*LEVEL UP OPTION**

Monday-Friday

1 pm – 3 pm / 4 pm \*LEVEL UP = extra hour

Weeks 1-6, 8-9

Ages 6-18 years

This camp is for athletes who want to learn/improve/master their Level 1 tumbling skills – front & back walkovers, front & back rolls, strong handstand skills, cartwheels, roundoffs – as well as Level 2 tumbling skills like front and back handsprings. **NO EXPERIENCE** is necessary for this camp!! Overall conditioning, jump-specific plyometric training and flexibility will also be included.

**\*NEW\*** LEVEL UP OPTION – if you can't get enough tumbling and just want more reps, choose this option to stay one more hour in the gym!

### **LEVEL 3+ ADVANCED TUMBLE CAMP**

Monday-Friday

11 am – 1 pm

Weeks 1-6, 8-9

Ages 9-18 years

This camp is for athletes who have ALL of their required Level 1 & 2 skills (front & back walkovers, strong handstand skills, roundoffs, front & back handsprings) who want to focus on their higher-level tumbling skills! This camp will focus on improving the athlete's current standing/running tumbling skills as well as developing new skills. Overall conditioning, jump-specific plyometric training and flexibility will also be included.

### **FLYER STRENGTH & FLEXIBILITY CLASS**

Wednesdays

4 pm – 5 pm

Weeks 1-6, 8-9

Ages 6+ years

Join us weekly to work on flyer strength and flexibility. It's not easy being a flyer, but the work is worth it! Whether you're a current or aspiring flyer, ankle strength/stability, shoulder strength, and both back & leg flexibility is needed to show clean lines in the air.



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## CAMPS | CLASSES | TEAM PRACTICES



### PRIVATES/SEMI-PRIVATES/SMALL GROUP CLASSES

Mon/Tues/Thur/Fri

4 pm – 5 pm

Weeks 1-6, 8-9

Ages 5+ years

These are one-hour lessons for one, two, or three athletes with one coach, specifically tailored to the athlete's cheer and/or tumbling goals. Some weekend time slots may also be available; contact [info@midnightcheer.com](mailto:info@midnightcheer.com) to schedule!

### OPEN GYM

Wednesdays

6 pm – 8 pm

Weeks 1-6, 8-9

Ages 9-18 years

This is a supervised open gym time for members/new members of Midnight Cheer teams/classes to use the gym and equipment safely to maintain and progress their skills. The coach in attendance does not lead a class but is there to offer guidance. Sign-up is required!

### TEAM PRACTICES

Mondays

6 pm – 8 pm

TEAM

TBA

Weeks 1-6, 8-9

Tuesdays

6 pm – 8 pm

TBA

Thursdays

6 pm – 8 pm

TBA

These are mandatory team practices for competitive team athletes who are in town any week. Please note: these practices are for you, to maintain your fitness/skills, but also to work with your new team towards stunt & pyramid skills for next season!! It's important that you make these a weekend-friendly practices a priority.

## WEEKLY CAMP SCHEDULE

### Weeks 1-6, 8-9

11 am – 1 pm Level 3+ Advanced Tumble Camp

1 pm – 3/4 pm Levels 1-2 Beginner/Intermediate Tumble Camp \*Level Up - 1-hour add-on available until 4 pm

4 pm – 5 pm Mon/Tues/Thurs for private lessons/Wednesday Flyer Strength/Flexibility

6 pm – 8 pm Mon/Tues/Thurs for team practices/Wednesday Open Gym

### Weeks 4 & 8

9 am – 4 pm Superstars Full Day Camp \*NEW\*

## WEEKEND

### ALL-LEVELS TUMBLE CLASS!

Saturdays

1 pm – 3 pm

Weeks 1-6, 8-9

Ages 9-18 years

This is an all-levels tumbling class intended for both new athletes to our gym, who may want to try tumbling but are already committed during the week, as well as current athletes who either just can't get enough or aren't able to make a weekly camp work with their schedule.

**TO REGISTER** for a camp, please fill out and send in the registration form(s) at the end of this package with payment. If you are new to Midnight Cheer, please also fill out the New Member Registration and BCCA Waiver forms right after the Summer Registration form. **PLEASE NOTE** that a spot for your athlete will not be reserved until both the form and payment have been received by Midnight; emailing ahead of time is appreciated but we must also have the correct paperwork!



# SUMMER 2019 REGISTRATION FORM



**Please return completed registration forms with payment to:**

1634 West 75<sup>th</sup> Avenue, Vancouver, BC V6P 6G2  
Cheques can be made payable to: **Midnight Cheer Athletics**

**Athlete Name:** \_\_\_\_\_ **New or Current Member?**      **NEW**      **CURRENT**

**NEW MEMBERS ONLY:** Please fill out the New Member Registration & BCCA Waiver forms on the next 2 pages.

**PRIVATES/SEMI-PRIVATES/SMALL GROUPS/OPEN GYM** – Please email [info@midnightcheer.com](mailto:info@midnightcheer.com) with questions/to book!

**PLEASE NOTE** that Midnight Cheer has a **NO REFUND** policy for summer camps and specialty classes. If an athlete has to withdraw from a camp for any reason, a credit MAY be issued to your account with Midnight Cheer at the sole discretion of the Director. This credit may be used towards any type of training at Midnight Cheer for a period of 1 year. After 1 year, the credit will be voided if not used.

Midnight Cheer reserves the right to cancel/combine camps/classes where registration numbers are low. If a cancellation is unavoidable, Midnight Cheer will offer the athlete the choice to move to another class (if applicable) or be given a credit.

PRICING CHART	WEEKS 1 & 6 *4 day weeks	WEEKS 2-5, 8 & 9	PER CLASS
<b>Superstars Full-Day Camp</b>		<b>\$240.00</b>	
<b>Level 1-2 Beg/Int Tumbling</b>	2 hour - <b>\$115.00</b>	2 hour - <b>\$145.00</b>	
	3 hour LEVEL UP: <b>\$155.00</b>	3 hour LEVEL UP: <b>\$190.00</b>	
<b>Level 3+ Adv Tumbling</b>	<b>\$115.00</b>	<b>\$145.00</b>	
<b>Flyer Strength/Flex</b>			<b>\$15.00</b>
<b>Weekend All-Levels Tumbling</b>			<b>\$30.00</b>

CAMP/CLASS REGISTRATION:	Weeks (circle)	Amount (incl. tax):
Superstars Full-Day Camp	4                      8	_____
Level 1-2 Beg/Int Tumbling Camp	1   2   3   4   5   6            8   9	_____
Level 3+ Adv Tumbling Camp	1   2   3   4   5   6            8   9	_____
Flyer Strength & Flexibility	1   2   3   4   5   6            8   9	_____
Weekend All-Levels Tumbling Class	1   2   3   4            6            8   9	_____
<b>TEAM TRAINING:</b>		<b>\$150.00</b> _____
<b>SUMMER MEMBERSHIP FEE:</b> *NEW members only		<b>\$15.75</b> _____
		<b>TOTAL DUE:</b> _____



**SUMMER 2019  
PAYMENT FORM**



Athlete Name: \_\_\_\_\_

Payer's Name: \_\_\_\_\_ Payer's email: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Primary phone: \_\_\_\_\_ Secondary phone: \_\_\_\_\_

Please indicate your method of payment for your summer training fees:

**Cheque**

Cheque # \_\_\_\_\_ Amount \_\_\_\_\_

**Pre-authorized Payment**

I \_\_\_\_\_ authorize Midnight Cheer Athletics to deduct any and all summer 2018 training fees. Midnight Cheer will not deduct any fees outside of the above mentioned without express written consent. If any unauthorized payments are deducted, I, the payer, have a right to reimbursement. If the payer wishes to terminate the pre-authorized payments, they must provide Midnight Cheer Athletics with 30 days notice and an alternate method of payment, if applicable.

Authorized Signature \_\_\_\_\_

Date \_\_\_\_\_

**Pre-authorized Credit Card**

Name on Card \_\_\_\_\_

Account # \_\_\_\_\_

Expiry Date \_\_\_\_\_

Security Code \_\_\_\_\_



**SUMMER 2019**  
**NEW MEMBER REGISTRATION FORM**



**NEW Athlete Information:**

Athlete Name: _____	E-mail: _____
Birthday: _____	Cell phone #: _____
Age on August 31 <sup>st</sup> , <b>2019</b> : _____	Home phone #: _____
Care Card #: _____	Emergency Contact: _____
Extended Health Provider & # _____	Emergency Contact Phone #: _____

Please list any known allergies: \_\_\_\_\_

Please list any physical/psychological limitations, injury, or weakness that may affect the athlete's performance: \_\_\_\_\_

**Parent Information** (required for all athletes less than 18 years old):

Parent's Name: _____	E-mail: _____
Home phone #: _____	Cell phone #: _____
Preferred address(es) for written correspondence: _____	

In regards to my child participating in any activity at Midnight Cheer Athletics including but not limited to: cheer teams, tumbling classes/camps/clinics, birthday parties and/or gym rentals by other cheer programs, I understand that accidents can be a result of the nature of the activity and can occur with or without any fault on either part of the athlete, the Midnight Cheer Gym, Midnight Cheer Athletics, its employees, agents or the facility where the activity is taking place. By allowing my daughter/son to participate, I am accepting the risk of an accident occurring and agree that the activities carried out in the course of an activity facility and cheerleading club are suitable for my child. Through participation, I am admitting awareness of the usual risks and dangers inherent in participation in all of the activities offered at Midnight Cheer and associated with the Midnight Cheer Athletics Cheer Program and the possibility of injury both minor and serious, property damage or loss of life resulting from the activities.

I waive any and all claims I may have against, and release all liability and agree not to sue, the Midnight Cheer Gym, Midnight Cheer Athletics, Karen Jillian Fraser, Midnight Cheer's employees, agents or volunteers for any personal injury, property damage or loss sustained as a result of my child's participation in the program, arising out of any cause whatsoever. In signing this Consent and Waiver, I am not relying on any oral or written representation or statements made by Midnight Cheer Athletics, its servants, agents, employees or authorized volunteers to induce me to permit my child to take part, other than set out in the Consent and Waiver.

- I am 19 years of age or older and have read and understand the terms of this Contract and Waiver. I understand that it is binding upon me, my heirs, executors and administrators.
- I agree to permit Midnight Cheer Athletics to use photographic images of my child/self participating in Midnight Cheer activities for print or electronic promotional use.

Legal Name of Athlete \_\_\_\_\_

Legal Name of Parent/Guardian \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Date \_\_\_ / \_\_\_ / \_\_\_

**BC CHEERLEADING ASSOCIATION  
PARTICIPANT'S INFORMED CONSENT FORM (Under 18)  
PLEASE READ CAREFULLY**

**Risk:**

I \_\_\_\_\_ give my consent for my child \_\_\_\_\_  
(Parent's Name) (Child's Name)

to participate in cheerleading which may result in personal injury (including but not limited to: injury to bones, joints, ligaments, muscles, tendons, internal organs, and other aspects of the skeletal system and potential impairment to other aspects of the body, and in rare occurrences, death, complete or partial paralysis or brain damage) and property damage or loss. The definition of participating in a cheerleading program includes but is not limited to: it is an activity that uses organized routines made up of elements from stunting, gymnastics & dance to cheer on sports teams at games and matches or as a competitive sport. I fully understand these risks and give my son / daughter permission to participate in a cheerleading program.

**Rules:**

I understand that the rules and regulations are designed for the safety and protection of participants and hereby agree to inform my son/daughter of the importance of abiding by the rules and regulations set down by the club/team I am training with and the BC Cheerleading Association rules & regulations.

**Media Release:**

I hereby grant to the BC Cheerleading Association the right to use, without payment of any fee or charge, any written information, photograph, video tape or other visual media of my son / daughter taken during a BC Cheerleading Association sanctioned event for the purpose of furthering BC Cheerleading Associations objectives.

- I, as the parent/guardian of the participant named herein, hereby declare that I have read, understood and agree to the contents of this Informed Consent in its entirety.
  
- I, as the parent/guardian of the participant named herein, agree to assume full responsibility to instruct my child of the risks involved and to inform him / her of the importance of abiding by the rules and regulations.

Date: \_\_\_\_\_

Participant Name: \_\_\_\_\_

Club/Team Name: \_\_\_\_\_

Signature of parent / guardian: \_\_\_\_\_

Signature of Witness: \_\_\_\_\_