INDIVIDUAL DANCE CLINIC
July 14, 2013
9:00am-5:00pm
PRICE: $125

Skills to be worked on:

• Turns
• Leaps
• Pom Technique
• Jazz Technique
• Hip Hop Dance
• Lifts
• Conditioning tips

You will learn a routine that combines jazz and hip hop, along with a band chant using pom technique. There will be a showcase at the end of the day for friends and family.

The clinic will be held at Jenison Field House (223 Kalamazoo St. East Lansing, MI 48824) on the 1st floor in the track area. Please wear black shorts or capris, fitted tee/tank and have hair pulled off face, also bring both tennis shoes and dance shoes. If you have any questions please feel free to email msuspirit@ath.msu.edu.
REGISTRATION FORM FOR Michigan State Dance Clinic

Please email to msuspirit@ath.msu.edu to reserve spot and then mail in registration form, medical waiver, and copy of insurance card.

Participant’s Information

First Name_________________________________ Last Name________________________________________

Age_______ Years involved in Dance______ School    Studio     BOTH

T-Shirt Size:   YL    SM    MD    LG    XL    Gender: ______

Request of Other Participant(s) to be in group with you____________________________________

____________________________________________________________________________________________________________________________________

Allergies or Medications___________________________________________________________

___________________________________________________________________________________

Parent Information

First Name_________________________________ Last Name________________________________________

Email Address_______________________________________________________________

Phone #_________________________________ Alt Phone #__________________________

EMERGENCY CONTACT & INFORMATION

Contact Name________________________________________________________________________

Location of Contact Day of Clinic____________________________________________________

Phone # Day of Clinic ______________________________________________________________

Insurance Company _________________________________________________________________

Insurance policy number ___________________________________________________________

(make sure to send in copy of insurance card)
MICHIGAN STATE UNIVERSITY
WAIVER OF LIABILITY FOR INTERCOLLEGIATE ATHLETIC CLINIC

1. ______________________________ (name of participant) will be participating in a clinic with the MSU Dance Team sponsored by Michigan State University Athletic Department. He/She presently has no injuries or illnesses that might prevent him/her from participating in the clinic. I understand that it is my responsibility to prove to the Athletic Training Department that my son/daughter is fit and able to participate in prior to beginning the clinic. I also understand that if an injury has occurred to my son/daughter since his/her previous physical, the physicians at MSU may request further information regarding this particular injury or illness in order to determine whether or not he/she is fit for participation.

Parent/Guardian Signature ________________________________ Date_________________

2. I ______________________________ understand that physical activity may cause injuries to occur to my son/daughter as a result of their participation in the clinic.

Parent/Guardian Signature ________________________________ Date_________________

3. I do / don’t (circle which) have current medical insurance that will cover any costs incurred due to injury to my son/daughter sustained during the clinic.

Parent/Guardian Signature ________________________________ Date_________________

Reviewed by staff athletic trainer.

Signature __________________________________ Date_________________
SCHEDULE (subject to change)

9:00am-9:15am  REGISTRATION
9:15am-9:45am  Warm-up and stretching
9:45am-10:30am GROUP A-Turns/Leaps
               GROUP B-Motions/Pom
               GROUP C-Lifts
               GROUP D-Pom Technique/Choreo
               GROUP E-Jazz Technique/Choreo
               GROUP F-Hip Hop/Choreo
10:30am-11:15am ROTATE GROUPS
11:15am-12:00pm ROTATE GROUPS
12:00pm-1:00pm  LUNCH
1:00pm-1:45pm  ROTATE GROUPS
1:45pm-2:30pm  ROTATE GROUPS
2:30pm-3:15pm  ROTATE GROUPS
3:15pm-4:15pm  WORK ON SHOWCASE ROUTINE
4:15pm-5:00pm  SHOWCASE for Friends and Family