INDIVIDUAL SKILLS CLINIC
August 24, 2013
9:00am-5:00pm
PRICE: $80

Skills to be worked on:

• Jumps
• Motion
• Stunts- both co-ed and all-girl
• Tumbling
• Flexibility
• Conditioning tips

AGES: 10-17
Any skill level accepted

Includes:
- Instruction by MSU Cheerleaders
- MSU T-Shirt
- Set of Green & White Poms
- Lunch at MSU cafeteria

You will learn a showcase piece within your group including band chants and all-girl stunts. There will be a showcase at the end of the day for friends and family.

The camp will be held at Jenison Fieldhouse (223 Kalamazoo St. East Lansing, MI 48824) on the 3rd floor in the gymnastics room. Please wear athletic shorts, cheer shoes or shoes with flat soles, and have hair pulled off face. If you have any questions please feel free to email them to cheermsu@ath.msu.edu.
REGISTRATION FORM for Michigan State Cheer Clinic

Please email your name and contact information to cheermsu@ath.msu.edu to reserve spot, then send in registration form, medical waiver, concussion form and copy of insurance card.

Participant’s Information

First Name___________________________ Last Name______________________________

Age_____ Years involved in Cheer_____ School Cheer   All Star   BOTH   Gender ___

T-Shirt Size   YL    SM    MD    LG    XL    Position   TOP    BASE    BACKSPOT

Skills (please make sure the skills you circle are mastered)

Tumbling   BACK HANDSPRING   BACK TUCK   RUNNING TUMBLING

All-girl Stunts   EXTENSION LIBERTY   FULL DOWN   360 to SMUSH

Co-ed Stunts   TOSS CHAIR   TOSS HANDS   HANDS LIBERTY

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)

Allergies or Medications______________________________________________________
MICHIGAN STATE UNIVERSITY
WAIVER OF LIABILITY FOR INTERCOLLEGIATE ATHLETIC CLINIC

1. __________________________________ (name of participant) will be participating in a clinic with the MSU Cheerleading Team sponsored by Michigan State University Athletic Department. He/She presently have 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 prior to beginning the clinic. I also understand that if an injury has occurred since my son/daughters 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 sustained during the tryout.

Parent/Guardian Signature ______________________________________________ Date_________________

Reviewed by staff athletic trainer.

Signature ______________________________________________ Date ________________
PARENT & ATHLETE CONCUSSION INFORMATION SHEET

WHAT IS A CONCUSSION?
A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?
Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?
- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

SIGNS OBSERVED BY COACHING STAFF:
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

“IT’S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON”

Rick Snyder, Governor
James K. Haveman, Director
CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete’s brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

STUDENT-ATHLETE NAME PRINTED

STUDENT-ATHLETE NAME SIGNED

DATE

PARENT OR GUARDIAN NAME PRINTED

PARENT OR GUARDIAN NAME SIGNED

DATE

JOIN THE CONVERSATION ➤ www.facebook.com/CDCHeadsUp

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC’s Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).
SCHEDULE (subject to change as needed)

9:00am-9:30am  REGISTRATION/WARM-UP
9:30am-10:15am  GROUP A-Motions/Chants
                 GROUP B-Tumbling
                 GROUP C-All-Girl Stunts
                 GROUP D-Co-ed Stunts
                 GROUP E-Jumps
                 GROUP F-Flexibility/Conditioning
10:15am-11:00am  ROTATE GROUPS
11:00am-11:45am  ROTATE GROUPS
11:45am-12:45pm  LUNCH
12:45pm-1:30pm  ROTATE GROUPS
1:30pm-2:15pm  ROTATE GROUPS
2:15pm-3:00pm  ROTATE GROUPS
3:00pm-4:15pm  GROUP WORK ON SHOWCASE PIECE
4:15pm-5:00pm  SHOWCASE for Friends and Family