



# 3rd Annual NDHS Summer Spirit Camp

Summer Cheer Clinic with the NDHS Varsity Cheerleaders

June 13 and July 18, 2025



## Clinic is for students grades PK–5<sup>th</sup>

**Time:** 8:30 a.m.- 11:30 a.m. each day

**Drop-Off & Pick-Up:** NDHS Gym Foyer - may begin drop off at 8:10 each day

**Cost:** One Day (June 13 **OR** July 18): \$40 \***does not** include shirt\*

Both Days (June 13 **AND** July 18): \$80 \*includes summer spirit shirt - full fee must be paid upfront on time to get shirt\*

Summer Spirit Shirt Add-On for a One Day clinic: \$15

**Remind Code:** Send the message @ndcheers to the number 81010 to get the most up-to-date information

- Learn proper motions and technique, jumps, cheer, dance/tumbling, and basic stunt technique.
- Meet the High School Cheerleaders and enjoy fun, games, and activities.
- Two crafts to remember summer camp, one snack, and one popsicle per clinic day.
- Camp will be taught by current NDHS Cheerleaders & supervised by coach.

**To register:** Please fill out registration form and return to

NORTH DESOTO HIGH SCHOOL **by Thursday, May 29th, 2025 at 3:00 pm** with correct payment per participant. After this day/time, we cannot guarantee that a shirt can be purchased, but can still accept the registration for camp. Registration and payment must be turned in on time for guarantee of a t-shirt. You may turn in the form to NDHS and make the check payable to: **NDHS CHEER**

# NDHS Summer Spirit Camp

Summer Cheer Clinic hosted by the NDHS Varsity Cheerleaders

## Registration Form

Please return this completed and signed form (two pages) to  
ATTN: Emilie Parker Cheer Sponsor; North DeSoto High School

Participant Name: \_\_\_\_\_ 25-26 Grade \_\_\_\_\_ D.O.B. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Parent Name: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Alternate Contact Name and Phone: \_\_\_\_\_

State any pre-existing conditions, allergies, etc.

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Please circle **one** below, including date attending \*note only two day camp comes with shirt\*:

One-Day Camp (\$40):                      June 13                      **OR**                      July 18

One-Day Camp & add shirt (\$55):                      June 13                      **OR**                      July 18

Two-Day Camp (\$80)

Participant Shirt Size (if noted above):    YXS        YS        YM        YL        YXL        AS        AM        AL

Check one: ☐ I do want my child to participate in tumbling and stunting.  
☐ I do not want my child to participate in tumbling and stunting.

\*\*\*Please wear athletic shoes and clothing. Hair must be pulled back and off the shoulders. For safety purposes no jewelry or gum is permitted.\*\*\*

\*\*All guests staying to watch must remain in the NDHS gym at all times\*\*

If you have any questions please feel free to contact:

Emilie Parker at [emilie.parker@desotopsb.com](mailto:emilie.parker@desotopsb.com)



**LIABILITY RELEASE:**\_\_\_\_\_ elects to participate in the NDHS Summer Spirit Camp Cheerleading clinic, which is conducted by the NDHS Varsity Cheer Squad. I/WE understand that our participant is required to be in good physical shape and condition and that the activities which they will be asked and expected to participate in are strenuous, require physical and athletic agility. I/we understand that cheerleading is an activity in which the risk of injury is high; that any one of the routines involving our participant's participation in cheerleading activities in general could lead to serious injury, paralysis, and even death. I/we have discussed this with our child and amongst ourselves. I/We represent to the best of our knowledge and belief, our participant has no physical, medical, or mental disability or other limitation that would restrict her ability to fully participate in this activity.

I/We agree to, and by the signing of the agreement release the coaches, volunteers, staff of North DeSoto High School, DeSoto Parish School Board, and the Louisiana State Board of Education from any claim of negligence by ourselves, our participant, our heirs, executors, and assigns, from any liability arising from claims for damages for injury to our participant and any claims for loss or damage to their property which may arise out of their participation in the North DeSoto High School Summer Spirit Camp Cheerleading Clinic on June 13 and July 18, 2025.

I/We further acknowledge that the above individual is covered by health insurance, which the particulars are described below. I hereby agree that we are responsible for any required medical treatment, and give permission for my child to receive medical treatment in the event that I am unable to be contacted. In order that the participant may receive necessary treatments, I hereby hold NDHS and their cheerleaders, and coaches harmless in the exercise of this authority.

_____ Signature of Parent	_____ Date
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For Office Use:

Payment Received\_\_\_\_\_ Yes \_\_\_\_\_No

Check No\_\_\_\_\_ Cash\_\_\_\_\_ Money Order #\_\_\_\_\_

Received By:\_\_\_\_\_