

**CHESTNUT LAKE
CHEERLEADING CAMP**

**INFORMATION
PACKET**

JERRY PRESCHUTTI'S
PINE FOREST CHEERLEADING CAMP
P.O. BOX 11
OLYPHANT, PA. 18447

E-mail address: jpcheercamp@aol.com
Phone: 1-570-876-2664
Fax: 1-570-876-6696
Web page address: www.cheerleadingcamps.com

Dear Coach,

We want to thank you for choosing to attend our camp this summer. To help you with the process to attend please check the pertinent information listed below:

REGISTRATION PROCEDURE IF YOU HAVEN'T DONE SO ALREADY:

- Please print the registration form from our web site and send in a \$75.00 deposit per cheerleader to the address that is listed.
- The cost to attend camp is \$247.00 per cheerleader.
- If you have paid the deposit you can send in the balance due before you arrive at camp or on the first day of camp. The choice is yours. Many people pay ahead of time as they don't have to handle money on the first day but it is your choice.
- Please check the information that you will be downloading as to what is accepted and what is not accepted for payment of deposits and balances due.

CAMP PHONE NUMBERS IN CASE OF AN EMERGENCY:

These are the numbers to be called on the dates WHEN YOUR TEAM IS AT CAMP:

Pine Forest Facility: 570-685-7141 or 570-685-7145
Trails End Facility: 570-729-7111
Chestnut Lake Facility: 570-729-1010

PLEASE BE SURE THAT THE PARENTS ARE GIVEN THIS INFORMATION AHEAD OF TIME.

CAMP STORE/CANTEEN: Our store will be selling sweat shirts, t-shirts, shorts and novelty items. There is a canteen available for the purchase of pizza, soda, ice cream, candy, etc. Check out our web site for the camp store items available!!!

If you should have need of further information please don't hesitate to give us a call.

Thank you very much.

Jerry, Jerry, Jr. and Craig Preschutti

DUE AT REGISTRATION ON THE FIRST DAY OF CAMP

1. Payment, if not already sent ahead of time.
2. Participant Release and Waiver Forms. Please arrange in **ALPHABETICAL ORDER** and place in a 9"x12" envelope with your school name listed on the outside. **DO NOT SEND AHEAD OF TIME.**
3. UCA Camp - Squad information sheet.
4. Advisor • Coach • Chaperone Adult Release and Waiver Form

ADDITIONAL INFORMATION

1. Canteen available for the purchase of candy, soda, ice cream, pizza, etc.
2. Camp store for the purchase of camp goods, see insert for prices.
3. Lighted tennis courts, lighted heated pool, and lighted basketball courts.
4. Talent show presented by various squads (NOT MANDATORY).
5. Please check out our web site if you need directions, or additional Participant Release and Waiver forms.
Our web site is www.cheerleadingcamps.com

REFUND POLICY – A refund, less the registration fee, will be issued if a written request is received two weeks prior to your camp dates. After that time, only a 50% refund of the balance due will be given, because of camp guarantees. No refunds will be issued after October 1. As per our policy, deposits are non-refundable and non-transferable.

RULES AND REGULATIONS

- Rules and regulations of the camp will be communicated at the start of camp and will be strictly enforced. If any these rules are violated, the parent (s) or legal guardian(s) of the camper will be notified and the camper will be dismissed from camp. If you are asked to leave camp, you will not receive a refund.
- Cabin inspections will be performed daily. You and your parent(s) or legal guardian(s) will be billed directly for any damages.

PAYMENT INFORMATION

ACCEPTED METHOD OF PAYMENT:

Cash, cashiers' check, money orders, school checks, booster club checks or individual check from the coach. Deposits and balances due need to be paid with **ONE CHECK ONLY**.

NOTE: No personal checks accepted by individual cheerleaders at any time. They can pay with cash.

MAKE CHECKS PAYABLE TO:

J.P. SPORTS TRADITIONS, INC.

Please send all deposits and balances due to our **BUSINESS ADDRESS:**

**Pine Forest Cheerleading Camp
P.O. Box 11
Olyphant, Pa. 18447**

Please do not send deposits or balances due to the individual camp locations.

ONLY SEND PAYMENTS TO THE ABOVE ADDRESS

Thank you very much for your cooperation.

REMINDER

Each team attending will have one coach attend free of charge. If you have additional teams attending (i.e, Varsity & Jr. Varsity) you would be allowed two free coaches. For each additional team, an additional free coach is allowed. Any additional adults will be required to pay \$75.00 each.

CHECK IN TIME: Between 10:30 AM and 12:45 PM. First camp meal will be dinner.

CHECK OUT TIME: Between 12:00 noon and 12:45 PM on the last day. Parents or friends can arrive any time after 8:00 AM to observe the last morning activities.

WHAT'S HAPPENING AT PINE FOREST CHEERLEADING CAMP FOR 2015

UCA Game Day Classes!

New pre-game ideas, cheers, and choreography. You will receive a new UCA GAME DAY PLAYBOOK filled with sports rules, and glossaries, sideline formations and game planning sheets. It's sure to become your ultimate sideline companion!

Cheer Private Coaching

Our Big Brother & Big Sister program provides each squad wonderful mentoring opportunities with our talented staff. Coupled with private coaching sessions, the result is more effective squad growth and development.

Xtreme Routine Private Coaching

- A dynamic eleven 8-count performance routine to upbeat music for halftimes and pep rallies!
- Learn a four 8-count dance, then add Stunts, Pyramids, Jumps or Tumbling to the last five 8-counts.
- Customized to your squad's unique strengths.

Dance Class

Dance to a different beat this season with new hip-hop routines and drum cadence choreography to incorporate with your band!!

UCA All-American Program

Qualify at camp to participate in international travel and one of four holiday parades. All girls are allowed to try out for All-American.

All New Stunt Curriculum

Creative, visual transitions designed for all levels! Including braced flipping pyramids! Two coaches stunt workshops.

Big Brothers/Big Sisters & Team UCA

Our personalized mentoring program enables each of our staff to "adopt" a squad for closer attention. Then, using Team UCA bonding exercises, we unite them into a strong, cohesive team.

Start Safe

100% of the UCA Staff is AACCA safety certified so you learn safety the right way, right from the start!

Jump Class

Conditioning and stretching exercises to master all jump types.

Coaches Workshop X 2

Your head instructor and UCA Staff stunt group will demonstrate skills, stunt techniques, and stunt progressions – all geared towards training coaches! You will gain valuable safety knowledge to support your own stunt coaching after camp is over!

Performance Evaluations

- Work with the UCA Staff on Sideline, Cheer & Xtreme Routine.
- Perform practiced routines for evaluation, including written feedback on individual elements.
- Learn how to be your best at the Game Day Championship on Final Day.

NEW! 2015 Camp Spirit Day Theme – Treasure Hunt!

UCA teaches your cheerleading squad how to use a spirit theme to unite the student body at your school. Each day at camp, you will be led through the camp spirit theme.

- Day One – Your treasure to trade.
- Day Two – Let your spirit flag fly.
- Day Three – We will treasure you and **Shipwrecked Rally**.
- Day Four – Treasure the Spirit. Treasure the Fun. Treasure the Memories.

There will be a **Shipwrecked Rally** on the night of Day Three. Teams are encouraged to use that theme for their crazy dress night (i.e. pirates, beach attire, sailors, etc.)

WHAT TO BRING TO CAMP

1. SNEAKERS OR SADDLE SHOES
2. SWEAT SOCKS
3. SWEATSHIRTS AND T-SHIRTS
4. TOWELS, BED LINENS, PILLOW CASE, BLANKETS OR SLEEPING BAG. BE SURE TO BRING ENOUGH WARM SLEEPING MATERIALS AS THE EVENINGS COULD GET COLD; ESPECIALLY TOWARDS THE END OF AUGUST OR EARLY JUNE.
5. PERSONAL GROOMING ARTICLES
6. BATHING SUIT
7. SHORTS, SLACKS, JEANS, SWEAT PANTS
8. ONE WARM JACKET
9. ONE RAIN COAT/UMBRELLA
10. FLASHLIGHT
11. ALARM CLOCK
12. TENNIS RACQUET AND BALLS
13. SOME SQUADS WEAR SCHOOL UNIFORMS OR MATCHING OUTFITS; HOWEVER, THEY ARE **NOT MANDATORY.**
14. WATER JUG
15. PLEASE LEAVE VALUABLES AT HOME (RING, JEWELRY, ETC.). **WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS AT CAMP**
16. PLEASE BRING A NOTEBOOK AND PEN TO MAKE CLASS NOTES.
17. THE CAMP WILL HAVE A NURSE AND REDSHIRTS ON STAFF; HOWEVER, WE SUGGEST THAT YOU BRING A **FIRST AID KIT** WITH SUNSCREEN, CHAPSTICK, ACE BANDAGES OR TAPE PER SQUAD ATTENDING
18. FOR THE OPTIONAL HOME DANCE AND HOME FIGHT SONG EVALUATION, PLEASE BRING YOUR MUSIC ON AN IPOD OR A MP3 PLAYER. YOU MAY ALSO BRING A CD PLAYER TO PRACTICE OTHER ROUTINES. **HOME DANCE IS "EVALUATION ONLY" THIS YEAR. NO PLACES WILL BE GIVEN OUT, ONLY EVALUATIONS!**
19. SPENDING MONEY (OPTIONAL). MOST PARTICIPANTS BRING APPROXIMATELY \$50.00-\$100.00 FOR SNACKS, SOFT DRINKS, ICE CREAM, T-SHIRTS, SWEATSHIRTS OR OTHER CAMP CLOTHING. YOU CAN CHECK OUT THE WEB SITE FOR WHAT WILL BE OFFERED.
20. ANY SIGNS OR MEGAPHONES THAT YOU HAVE TO USE FOR CHEER PRIVATE COACHING.

NOTE: THE CHESTNUT LAKE AND TRAILS END CAMP FACILITIES ARE LOCATED IN BEACH LAKE, PA. THE PINE FOREST CAMP FACILITY IS LOCATED IN GREELEY, PA. **DO NOT GO TO OLYPHANT, PA. THAT IS WHERE OUR POST OFFICE BOX IS LOCATED.** BE SURE TO FOLLOW THE DIRECTIONS LISTED IN THE CAMP PACKET, AS THEY ARE EXACT.

UCA PROGRAM INFORMATION

Our staff is looking forward to working with you at camp this summer. Listed below is general information that will benefit you as you prepare for camp.

The UCA program is designed to train cheerleaders to be their very best. Each class is professionally conducted by top instructors. The overall emphasis of the program is on concentrated learning in a fun and exciting environment.

REPORT TO CAMP IN GOOD SHAPE! Daily stretching exercises, practicing jumps, and aerobic conditioning will help you avoid potential injuries and soreness. You should be in decent shape before you get to for camp.

Throughout the camp, your squad will learn a variety of cheers, sidelines, and dances: You will be privately coached by a UCA instructor on a cheer and Xtreme routine. (a dance plus incorporation). After each private coaching session, you will be evaluated on this material. These are low-pressure evaluations designed to help you get your new material game-ready,

On the final day of camp, your squad has the option to participate in our Camp Championships. All evaluations and the Optional Camp Championships will be conducted according to the safety rules and guidelines set forth by the American Association of Cheerleading Coaches and Administration (AACCA). You can view these safety guidelines at their web site: www.aacca.org. Please be sure to read these guidelines carefully. An instructor will be happy to answer any questions you may have.

Daily awards will be presented for achievement, improvement and spirit. At the conclusion of camp, we will present overall awards in several divisions for the entire week.

NOTE: There will be no evaluation of home cheers.

CAMP FIGHT SONG EVALUATION

1. Teams are encouraged to use their traditional school fight song.
2. Props (Poms, signs, flags, megaphones, and/or banners) are permitted.
3. Performances can incorporate up to two (2) eight counts of skills (stunts, tumbling, jumps). The two (2) eight counts must be consecutive and the same two (2) eight counts can be repeated if the fight song is repeated.
4. Evaluations will be based on the following criteria:
 - a. Crowd oriented movements, fit to music, using effective spacing and formations, and incorporating visual effects.
 - b. Placement, synchronization and strength of motions. c. Overall impression and crowd appeal
 - c. Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple during a game or pep rally.

SPECIFIC SKILL RESTRICTIONS

1. No basket, sponge, elevator or similar type tosses permitted.
2. No inversions and/or twisting into or out of stunts regardless of contact with bases.
3. No single leg stunts
4. A jump is considered a skill and can only be performed in the two (2) eight count segments.
5. A kick will not be considered as a skill and can be performed at any time during the routine,
6. Maximum difficulty in tumbling is limited to back handsprings.

OPTIONAL HOME DANCE EVALUTION

There will be a Home Dance Evaluation in which all interested squads may perform a dance routine from home. This evaluation is strictly OPTIONAL and will occur on the first night of camp.

Routines will be evaluated on technique, originality, and crowd appeal. For school teams, partner stunts, pyramids or tumbling are NOT permitted in the optional home dance evaluation. The maximum length of a routine is one minute and fifteen seconds. You may bring music on an Ipod or Mp3 player.

NOTE: For All Star teams, there will be an Optional Home Routine Evaluation on the first night of camp. For the Home Routine Evaluation, partner stunts and tumbling ARE PERMITTED. The maximum length of the routine is ONE MINUTE.

UCA requires that there will be no videotaping during actual class instruction; however, you may video tape private coaching, evaluations and other activities during the week

UCA Camp - Squad Information

University / camp location where your are attending camp: _____

Dates of Camp Session you are attending: _____

Squad Type: _____ Elementary _____ Junior High _____ FB _____

If More Than One Squad, Select the Following: _____

Your School Name: _____

School Address: _____

City, State, Zip: _____

School Phone: _____

Total # Students _____
 Total # Advisors _____
 Freshman _____ BB _____ Junior Varsity _____ Varsity _____ Varsity Co-ed _____
 Name of Contact Person: _____ Soccer _____ Wrestling _____ All Star _____

Person to Receive Information: _____

Address of Contact Person: _____

City, State, Zip: _____

Daytime Phone: _____

Squad Captain _____

Squad Secretary _____

Number of Squad Members Not Attending Camp _____

Number of Squad Members at Camp _____

Advisor _____

Coach _____

Number of Squad Members at Camp _____

Number of Squad Members at Camp _____

Number of Squad Members at Camp _____

Number of Squad Members at Camp _____

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Please complete this form and turn it in at camp check in.

**PINE FOREST CHEERLEADING CAMP &
UNIVERSAL CHEERLEADERS ASSOCIATION
PARTICIPANT RELEASE AND WAIVER FORM**

(Please Print)

_____ Minor's Name	_____ Name of Parent/Legal Gaurdian
_____ Home Address	_____ School Name
_____ City, State & Zip	_____ School Address
_____ Home Phone Number	_____ School City, State & Zip
_____ Location where you will attend camp	_____ School Phone Number
	_____ Camp Dates

Liability Release. For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____ as parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the above Pine Forest Cheerleading Camp (hereinafter "Camp") to be conducted by J.P. Sports Traditions, Inc. (hereinafter "J.P. Sports") d/b/a Pine Forest Cheerleading Camp (hereafter "Pine Forest") and Varsity Spirit Corporation (hereinafter "Varsity Spirit") d/b/a Universal Cheerleaders Association (hereinafter "UCA"). I, in my own behalf and on behalf of the Minor, further agree to release and hold harmless J.P. Sports and Varsity Spirit and their respective attorneys, officers, employees, directors, shareholders, administrators, agents, contractors, sponsoring agencies, sponsors, adversaries, and if applicable, owners and lessors of premises used to conduct the Camp (hereinafter collectively referred to as "Releasees") from any and all liability for negligence or any other claim, judgment, loss, liability, cost and expenses (including, without limitation, attorney's fees and costs) arising out of or connected with the Camp, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/or death) that the Minor may incur or sustain during the Camp, including any claim arising out of or connected with any activities associated with the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs. I further expressly agree to indemnify and hold harmless Releasees' and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages on any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such' action, claim, or demand.

I, in my own behalf and on behalf of the Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of the Minor, am aware that this Liability Release releases Releasees from liability and contains an acknowledgment of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of the Minor, further acknowledge that nothing in this Liability Release constitutes a guarantee that the Camp will occur. I, in my own behalf and on behalf of the Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: _____ Date: _____

Medical Release. I acknowledge and agree, in my own behalf and on behalf of the Minor, that such participation subjects Minor to the possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf and on behalf of the Minor, acknowledge that the Minor is assuming the risk of such illness or injury by participating in the Camp. In the event of such illness or injury, I authorize J.P. Sports and Varsity Spirit to obtain necessary medical treatment (including, but not limited to, the dispensing of nonprescription medicine (i.e., Tylenol, Benadryl, cold/allergy remedy, etc.) by Camp administrative staff) for the Minor and hereby, in my own behalf and on behalf of the Minor, release and hold harmless Releasees in the exercise of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of the Minor for any illness or injury that the Minor may sustain during the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs.

Appearance Agreement. I understand that J.P. Sports d/b/a Pine Forest and/or Varsity Spirit d/b/a UCA from time to time produces promotional material relating to its programs. I understand that as a participant in and/or a spectator at the Camp, the Minor may be included in videotapes or photographs taken during the Camp. Thereafter, without reservation or limitations, I, in my own behalf and behalf of the Minor, hereby assign, transfer and grant to J.P. Sports d/b/a Pine Forest and/or Varsity-Spirit d/b/a UCA, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape the Minor and to utilize such videotapes and photographs and Minor's name, face, likeness, voice and appearance as part of the Camp, in advertising and promoting the Camp or in advertising and promoting similar future events. I further understand that neither J.P. Sports and Varsity Spirit nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges.

Camp Rules. I further acknowledge and understand that J.P. Sports and Varsity Spirit have established rules and regulations pertaining to conduct, behavior and activities at the Camp, by which Minor and I agree to abide during the Camp, and that Minor and I will be responsible for her/his/my failure to abide by those rules and regulations. Minor and I have received, read and understand the Camp rules. Minor and I understand that violation of the rules can result in dismissal from Camp with no refund. The Pennsylvania State Police may be notified depending on the severity of the infraction.

Insurance and Payment. UCA/Varsity Spirit offers an accident policy to all student for a \$5.00 premium. The policy has no deductible and pays up to \$1,000 of medical expenses, regardless of other insurance coverage. (Charges due to illness and preexisting injuries are not covered and will be billed directly to the parent). All students who do not have insurance **must** purchase the Camp accident policy. This policy or other proof of insurance, is usually required to obtain medical treatment, as we strictly adhere to this insurance requirement. Please check one of the following:

- Yes, I want the camper's accident insurance policy and I will bring \$5.00 premium to registration at Camp.
- No, I elect not to purchase the camper's accident policy and my insurance company, in the event of an accident, is listed below. If "No" is checked, complete the information below. WE MUST HAVE THE POLICY NUMBER.

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him/her to the Camp and that he/she shall consume the prescribed dosage for such medications.

Medications (if any): _____

Allergic to (if any): _____

I acknowledge that the Minor suffers from the following conditions: _____

Family Doctor: _____ Doctor's Phone Number: _____

Insurance Company: _____

Insurance Company Address: _____

Medical Insurance Policy Number: _____

Emergency Information: Name _____ Address: _____

City State, Zip: _____

Daytime Telephone: _____ Evening Telephone: _____

I, in my own behalf and behalf of the Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of the Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgment of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of the Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Camp will occur. I, in my own behalf and on behalf of the Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: _____ Date: _____

Relationship to Minor _____

I, identified above as minor, acknowledge that I have read this Release and Waiver form.

Signature of Minor: _____ Date: _____

Witness Signature: _____

Witness Address: _____

PINE FOREST CHEERLEADING CAMP &
 UNIVERSAL CHEERLEADERS ASSOCIATION
 ADULT RELEASE AND WAIVER FORM
 ●Advisor ●Coach ●Chaperone

(Please Print)

Name _____		<input type="checkbox"/> Check here if you are the advisor/coach <input type="checkbox"/> Check here if you are a Chaperone <input type="checkbox"/> Check here if you are over 21 <input type="checkbox"/> Check here if you are employed by the school or school district
Home Address _____	School Name _____	
City, State & Zip _____	School Address _____	
Home Phone Number _____	School City, State, Zip _____	
Location where you will attend camp _____	School Phone Number _____	
	Camp Dates _____	

Liability Release. For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I agree to participate in the above Camp to be conducted by to be conducted by J.P. Sports Traditions, Inc. (hereinafter "J.P. Sports") d/b/a Pine Forest Cheerleading Camp (hereafter "Pine Forest"), and Varsity Spirit Corporation (hereinafter "Varsity Spirit") d/b/a Universal Cheerleaders Association (hereinafter "UCA"). I further agree to release and hold harmless J. P. Sports and Varsity Spirit and their respective attorneys, officers, employees, directors, shareholders, administrators, agents, contractors, sponsoring agencies, sponsors, adversaries, and if applicable, owners and lessors of premises used to conduct the Camp (hereinafter collectively referred to as "Releasees") from any and all liability for negligence or any other claim, judgment, loss, liability, cost and expenses (including, without limitation, attorney's fees and costs) arising out of or connected with the Camp, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/or death) that I may incur or sustain during the Camp, including any claim arising out of or connected with any activities associated with the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs. I further expressly agree to indemnify and hold harmless Releasees and Releasees' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by me or by any other persons on the account of damages on any character resulting to me in any way from the foregoing activities. I further agree to reimburse and to make good to Releasees any loss or costs Releasees may have to pay as a result of any such action, claim, or demand.

I hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I am aware that this Liability Release releases Releasees from liability and contains an acknowledgment of my voluntary and knowing assumption of the risk of injury or illness. I further acknowledge that nothing in this Liability Release constitutes a guarantee that the Camp will occur. I have signed this document voluntarily and of my own free will.

Signature _____ Date _____

Medical Release. I acknowledge and agree that such participation subjects me to the possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I acknowledge that I am assuming the risk of such illness or injury by participating in the Camp. In the event of such illness or injury, I authorize J.P. Sports and Varsity Spirit to obtain necessary medical treatment for me and hereby release and hold harmless Releasees in the exercise of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred by me for any illness or injury that I may sustain during the Camp and while traveling to and from the site for the Camp whether or not the Camp actually occurs.

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Camp Rules. I further acknowledge and understand that J.P. Sports and Varsity Spirit have established rules and regulations pertaining to conduct, behavior and activities of all Camp participants, by which I agree to abide during the Camp, and that I will be responsible for my failure to abide by those rules and regulations. I have received, read and understood the Camp rules. I understand that violation of the rules can result in dismissal from Camp.

Insurance and Payment. UCA/Varsity Spirit offers an accident policy to all student for a \$5.00 premium. The policy has no deductible and pays up to \$1,000 of medical expenses, regardless of other insurance coverage. (Charges due to illness and preexisting injuries are not covered and will be billed directly to the parent). All students who do not have insurance **must** purchase the Camp accident policy. This policy or other proof of insurance, is usually required to obtain medical treatment, as we strictly adhere to this insurance requirement. Please check one of the following:

- Yes, I want the camper's accident insurance policy and I will bring \$5.00 premium to registration at Camp.
- No, I elect not to purchase the camper's accident policy and my insurance company, in the event of an accident, is listed below. If "No" is checked, complete the information below. WE MUST HAVE THE POLICY NUMBER.

I represent that any medication to which I am allergic or medications that I am currently taking are listed below. I agree that I shall bring medications which I am currently taking with me to the Camp and that I shall consume the prescribed dosage for such medications.

Medications (if any): _____

Allergic to (if any): _____

I acknowledge that the Minor suffers from the following conditions: _____

Family Doctor: _____ Doctors Phone Number: _____

Insurance Company: _____

Insurance Company Address: _____

Medical Insurance Policy Number: _____

Emergency Information: Name _____ Address: _____

City State, Zip: _____

Daytime Telephone: _____ Evening Telephone: _____

I hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I am aware that this Participant Release and Waiver Form releases Releasees' from liability and contains an acknowledgment of my voluntary and knowing assumption of the risk of injury or illness. I further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the Camp will occur. I have signed this document voluntarily and of my own free will.

Signature of Adult: _____ Date: _____

Witness Signature: _____

Witness Address: _____

DIRECTIONS TO CHESTNUT LAKE CAMP

DIRECTIONS FROM SCRANTON / WILKES-BARRE AREA: Take Interstate 81 North to Scranton and when you get between exits 186 and 187 look for signs that state EAST 6 Carbondale. There will be three of those signs. Get onto EAST 6 Carbondale, and go for about 26 miles into Honesdale, PA. At the traffic light in Honesdale, take a right hand turn, go over bridge to the next light which is about 1 mile and then take a left hand turn. Continue on Route 6 East for 2.7 miles and then take a left on Route 652. Go for 4.1 miles and you will see a small Chestnut Lake Camp sign on your right hand side. Take a left turn at that sign and go 1.4 miles to the camp entrance.

FROM THE HARRISBURG AREA: Take Interstate 81 North and follow directions from Scranton, PA.

FROM THE MARYLAND, WASHINGTON, D.C. AND VIRGINIA AREA: Take whatever way is easiest for you to get to Harrisburg, PA and then follow directions from Harrisburg.

FROM THE PHILADELPHIA, DELAWARE, AND PARTS OF SOUTH JERSEY AREA: Take the Northeast Extension of the Pennsylvania Turnpike and get off at Exit 115. Get onto Interstate 81 North and follow directions from Scranton, PA.

FROM NEW YORK: Take the New York Thruway to Rt. 17 to Rt. 84 West into Pennsylvania and get off at Exit 30 (Blooming Grove exit). Take a right on 402 North for 4 miles. Take a left on Route 6 West and go toward Hawley. Continue on Route 6 West about 5 miles past Hawley to the Village of Indian Orchard (AmeriGas on left). Take a right onto Route 652. Go 4.1 miles and you will see a small Chestnut Lake Camp sign on your right. Take a left at that sign and go 1.4 miles to camp.

FROM NEW JERSEY- MANHATTAN: Take Route 80 to Exit 34 (Route 15). Continue on Route 15 to Route 206 into Pennsylvania. Get on Route 6 West passing through the town of Milford, PA. After leaving Milford, at the top of the hill, take Interstate 84 West and get off at Exit 30 - Blooming Grove. Then follow directions from New York.

FROM BROOKLYN-WAYNE CALDWELLS, ORANGES, LIVINGSTON, NEW JERSEY AREA: Verrazano Bridge-Cross Staten Island to Goethals Bridge to New Jersey Turnpike North to Exit 15 (Route 280). Take Route 280 West onto Route 80 to Exit 34B (Route 15). Follow directions from New Jersey-Manhattan.

FROM WESTFIELD, PLAINFIELD AND SPRINGFIELD, N.J.: Take Route 22 West to Somerville, N.J. Then take 206 North to Milford, PA. Once you get into Milford, follow directions from New Jersey-Manhattan.

FROM MARLBORO, MORGANVILLE, BRUNSWICK AND EAST BRUNSWICK AREA: Take the Garden State Parkway to Route 280 into Route 80. Follow the directions from Brooklyn.

FROM SOUTH JERSEY AREA: Go north on the Garden State Parkway to Exit 127. Follow U.S. 9 to circle. About 3/4 around the circle follow Rt. 1 South until you come to Rt. 287 to Somerville. Continue north on 287 to Exit Rt. 206. Follow Rt. 206 to Route 6 then follow directions from New Jersey-Manhattan. Note: you may want to take the all-turnpike route from Philadelphia depending how far you are from Philadelphia. Check with your local AAA Automobile Club.

FROM WESTCHESTER COUNTY, NEW YORK: North of White Plains, Route 684 to Route 84 West to Exit 30 in PA which is the Blooming Grove Exit, Follow directions from New York.

FROM CONNECTICUT AREA: Get on Interstate 84 West and stay on 84 into PA and get off at Exit 30 - Blooming Grove. Follow directions from New York.

FROM WILLIAMSPORT AND STATE COLLEGE, PA AREA: Take Interstate 80 East to Interstate 81 North and follow directions from Scranton, PA.

FROM SYRACUSE AND BINGHAMTON, NY AREA: Take Route 17 East to the Hancock, New York Exit (exit 87). At the stop sign take a left and proceed until you come to a McDonald's and take a right. Go about 1/4 mile and take a right onto Route 191 SOUTH. Cross the Delaware River and go for about 34 miles into a town called Honesdale, Pennsylvania. When you get into Honesdale take Route 6 EAST for about 4 miles and then make a left hand turn onto Route 652. Go 4.1 miles and you will see a small Chestnut Lake Camp sign on your right hand side. Take a left hand turn at that sign and go 1.4 miles to the camp entrance which will be on our right.

NOTE: If you are coming from Route 6 East into Honesdale, there is a McDonald's, Wendy's, Pizza Hut, and Arthur Treacher's located just before you take the left on Route 652. If you are coming from Route 6 West, go 0.7 (tenths) past the right hand turn for Route 652 and you will be able to get lunch. After lunch, just turn around and take a left on Route 652.

The actual camp address is:

**326 Trails End Road
Beach Lake, PA 18405**

If you use MapQuest, please use the below address:

**326 Trails End Road
Honesdale, PA 18430**

Have a Safe Trip!

UCA ALL AMERICAN INFORMATION FOR TRYOUTS

We are the only UCA camp in the country where ALL GIRLS can try out for the honor of being chosen as a "UCA All American". You will be given more specific information as to what you need in terms of skills and ability necessary when you do tryout at camp.

For specific information as to where you can go if selected please go to www.uca.com and click on CAMPS and then click on SPECIAL EVENTS. Everything is listed for your information. If SPECIAL EVENTS comes up first just click on that heading.

FOR COACHES: Please go to www.uca.com and click on camps and then COACHES. There is a lot of information that will be helpful to you. While at camp you are covered with one million dollars of liability coverage provided the individual meets all of the following conditions: 1) Is an AACCA program "Certified or Credentialed*" member of the First Named Insured; 2) is 21 years or older; 3) Is employed on a Full Time basis by a "School"; and 4) Serves as a Coach or Advisor for the School's Cheerleading squad or Dance Team.

* Coaches who complete the UCA Coaches Education Program are considered to be "AACCA Credentialed".

CAMP RULES

The Pine Forest and UCA staff wants to be sure your squad has an excellent learning experience while you are at camp. The rules below are for your protection and to ensure a successful camp for all participants. Any violation of these rules can result in the entire squad's dismissal from camp with no refund. Your school principal will be called as well as your parents. Parents will be asked to pick up for early dismissal from camp. Camp managers will be provided for your squad's assistance.

- Participants will not ride in cars while at camp. If participants bring their cars, they are asked to park their cars and turn the keys over to the Camp Manager. Participants will be restricted to the camp area only.
- Squads/teams must be on time to all classes and camp functions.
- Please leave valuables at home (rings, jewelry, etc.) Pine Forest/UCA will not be responsible for lost or stolen items.
- Participants may not go to a clinic or hospital unless accompanied by a member of management staff or coach.
- REFUND POLICY - A refund less the registration fee will be issued if a written request is received two weeks prior to your camp dates. After that time, only a 50% refund will be given. No refunds will be issued after October 1st.
- The use of alcohol, drugs, or any other type of stimulant is completely forbidden. If anyone is caught doing any of the above they will be sent home with no refund and the Pennsylvania State Police will be notified for further action. The parents will also be notified and be required to come and pick up their son/daughter.
- There is no smoking allowed by anyone at any time during your stay and that includes adults. Should a cheerleader be found in violation, they will be sent home with no refund at the time of the infraction.
- Cabins will be inspected on a daily basis and prior to departure. If there are any damages, teams will be responsible for payment before leaving the camp grounds.
- There will be no bullying, hazing or initiations of any type allowed at our camp and that includes the use of shaving cream. If a team or individual is found in violation, they will be sent home immediately with no refund. The parents will be notified and they will be required to come and pick up their son/daughter at that time. The Pennsylvania State Police may be notified depending on the severity of the infraction.
- CURFEW is 11:00 P.M. All cheerleaders must be in their cabins at that time and you are not allowed outside of your cabin after curfew unless there is an emergency. Lights out at 12:00 midnight.