



Pine Forest Cheerleading Camp

Chestnut Lake

August 19-22



Important Contact numbers to be called during the dates while at camp:

EMERGENCY PHONE NUMBER for Chestnut Lake Facility: (570)-729-1010

Coach Mora: (215) 280-5903

General Information

Travel Information:

Depart 8:00 am August 19 from CHS athletic office parking lot (2 hours 45 minutes).

****Pack a lunch for the bus ride and a few snacks. We will make a rest stop for food/restrooms. The first meal served at camp will be dinner. NO NUTS OR PEANUT BUTTER.**

Depart 12:45pm August 22 Pine Forest Trail's End Camp for CHS. ETA is about 3:30. ******
Parents/Guardians may choose to arrive at 9:00am to observe final evaluations.

Camp Store/ Canteen:

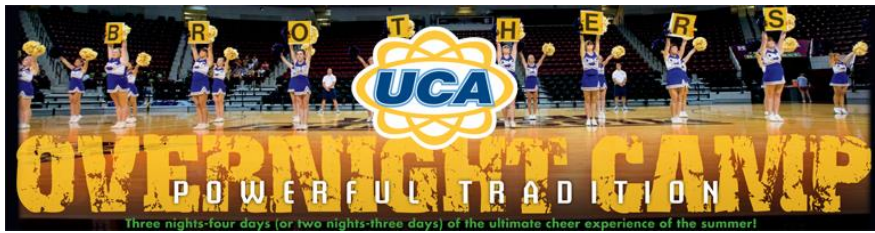
Camp Store will be selling sweatshirts, t-shirts, shorts and novelty items. There is a canteen available for the purchase of pizza, soda, ice cream, candy, etc. Available items can be found on the website.

Cost and Participant Release Waivers

\$240.00 per participant. Make checks out to HVCHS, Memo: pine Forrest and cheerleader name.

Please print the Pine Forest Cheerleading Camp & Universal Cheerleaders Association Participant Release and Waiver Form either via the camp website or link from CHS cheer website.

Checks and release waivers are **Due Monday 8/17/13.**



WHAT TO BRING TO CAMP

***** Please leave valuables at home (ex: jewelry). Coaches and Pine Forest are not responsible for lost or stolen items.**

1. Running sneakers and cheer sneakers
2. Extra ankle socks, underwear, sports bra's, etc.
3. Softe shorts (2 black, 1 grey, 1 gold)
4. HV Cheer T-Shirts (2) and Tank (1)-distributed next week
5. Spirit T-Shirts (2)
6. Sweat shirts and T-Shirts
7. Towels (shower/swim), bed linens, pillowcase, blankets or sleeping bag. Be sure to bring enough warm sleeping materials as the evenings could get cold (especially towards the end of August).
8. Personal grooming articles (toothbrush, toothpaste, floss, extra hair ties, bobby pins, contact lens case/solution, shampoo/conditioner, hair spray/gel/mousse as needed, face wash, soap/body wash, feminine products, light make-up, **SHOWER SHOES**, etc.)
9. Glasses if you wear them with an extra pair if you have them. Bring your prescription if you have it just in case.
10. Extra contact lenses if you wear them.
11. Pajamas
12. Bathing suit
13. Shorts, pants, jeans, sweat/yoga pants
14. Warm jacket
15. Rain coat/umbrella
16. Flashlight
17. Alarm clock
18. Cell Phone/Charger
19. Tennis racket/balls (optional)
20. Cheerleading uniform and poms
21. Water bottle
22. Notebook/pen for class notes
23. Bug Spray and Sun Screen
24. Spending money (optional). Most participants bring approximately \$50-\$100 for snacks, soft drinks, ice cream, T-Shirts, Sweatshirts, or other Camp Clothing. You can

check out the Pine Forest cheer camp website to see what is being offered.

Remember we stop for lunch on the bus ride home.

25. Goofy clothing or accessories for themed nights.

26. Bows, bows, bows, and more bows!