

Eagle Spirit Clinic 2017!

Where: West Valley High School Gym

When: Saturday, February 4th, from
10:00 am to 4:00 pm

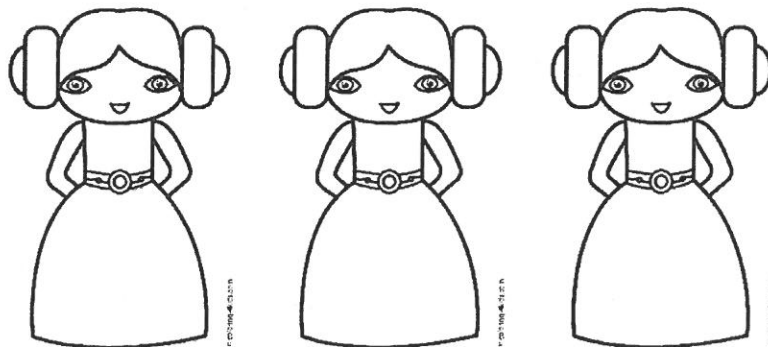
(Please send in registration by January 25th to assure your correct t-shirt size.)

Six HOURS of fun!

All Spirit clinic participants will learn several cheers and spirit chants, a dance routine, and will have some fun activities such as sign-making!

Instructors: West Valley Cheerleaders and
Dance Team!

Also.....a special guest teacher...Maggie Kazemba from Spokane Elite Dance Studio!
Maggie is the director for Spokane Elite Dance Studio, the coach of the Spokane Empire Dance Team, and is the choreographer for the West Valley E-Gal Dance Team!



May the SPIRIT be with you!

2017 SPIRIT CLINIC.....DANCE AND CHEER!

- Grades 7 & 8: Participants will learn warm-ups, dance and cheer techniques, a Hip Hop dance routine, several cheers, and tips for trying-out for the Cheer Squad and/or Dance Team.
- Grades 5 & 6: Participants will learn warm-ups, dance and cheer techniques, a Jazz dance routine, several cheers, and participate in team-building activities.
- Grades 3 & 4: Participants will learn warm-ups, dance and cheer technique, several cheers, a Pom dance routine, and participate in dance and cheer games.
- Grades 1 & 2: Participants will learn warm-ups, dance and cheer technique, a Novelty dance routine, several cheers, and participate in dance and cheer games.
- Ages 4 to 6: Participants will learn warm-ups, creative movement, a Pantomime dance routine, several cheers, and participate in lots of games!

Each participant will receive: Spirit T-Shirt
 Sack Lunch
 Shakers and Certificate

Cost: \$30 per student

What to wear: Black jazz pants, warm-ups, or shorts. (If you don't have black, just wear a dark color. (Don't wear jeans!) Any type of t-shirt will work. Make sure your clothes are comfortable! You must wear either gym shoes or real dance shoes. NO SANDALS OR FLIP-FLOPS! Please NO JEWELRY of any kind.

Drop-Off: You will need to bring the kids to West Valley High School for check-in at 10:00 using the North (Gym) Entrance.

10:00 to 3:30 pm: We will dance, cheer, learn skills, eat, play and practice!

3:30 pm: Parents arrive for the Spirit Showcase! This will take place in the Field House Gym. At the conclusion of the performance you will take your little cheerio/dancer home!

SPIRIT CLINIC 2017 REGISTRATION FORM

Name of Student: _____ Age: _____

School Attending: _____ Grade: _____

Parent(s) Name(s): _____

Home Phone: _____ &/or Cell Phone: _____

Does your student have any health or diet restrictions that we should know about? (If so.....please describe.) _____

Circle T-shirt Size:
(Please choose ONE!)

Child Small
Adult Small

Child Medium
Adult Medium

Child Large
Adult Large

Please register _____ for Spirit Clinic at WVHS to be held on February 4, 2017. I understand that the school district is not liable for any injury sustained at this clinic.

Parent/Guardian Signature: _____
(signature) (date)

**Please return
by January 25th:**

The completed permission/registration form along with
a check for **\$30.00**. Payable to **WVHS**:

Please send to:

West Valley High School
E. 8301 Buckeye
Spokane WA 99212
Attention: Jodee Cahalan (Dance Team Advisor)

