



# A BIG WELCOME TO LAREDO



## UNITED SOUTH HIGH SCHOOL GATEWAY NCA CHEER CAMP

**Dates: July 6-9, 2010**

### Welcome

We are looking forward to having you with us for camp this year. The information on this sheet is very important, so please go over all of it carefully.

### Where and When to Arrive

Registration will be at United South High School Gym, 4001 Los Presidentes Ave., Laredo, TX 78046, on the first scheduled day of camp, from **8:30 am to 9:45 am**. We will complete registration for those who have pre-registered, and if any owe a balance, it will of course be due then. We will definitely accept new cheerleaders who have not pre-registered, although it is helpful to us if we get as many as possible sent to our offices in Cisco in advance. They can even be telephoned in (to Cisco, 888-442-2514). **Cash or money order will be required for individual payments during the last three weeks. Personal checks will not be accepted at camp!**

### Class Schedule

This is an approximate schedule: First day 10:00 am to 5:30 pm; second and third days 8:30 am to 5:30 pm; fourth (final) day 8:45 am - 5:30 pm. Remember, this is just an approximate schedule. The NCA head instructor may modify it slightly to suit the particular needs. **STUDENTS MUST BE ADEQUATELY CHAPERONED OR SUPERVISED** during breaks at the noon and dinner hours. Please be sure that this is taken care of.

### Camp Store

The NCA Head Instructor will have NCA spirit supplies on sale at various times during the camp. They could include such things as T-shirts, shorts, patches, jewelry, books, and dvd/cd's.

### What to Bring

Be sure and bring the **Participant Release & Waiver** form completed and signed by a parent or guardian **and** the minor child. Sponsors need to bring their completed **Team Tracking Form** for each squad attending and the **Adult Release & Waiver** form. These need to be completed and signed in advance. Students may also want to bring spending money for snacks & drinks.

### Meals

There will likely be a Concession Stand sponsored by the United South Cheerleader Parents where you can purchase food but you may want to bring your own lunch or make arrangements for parents to bring lunch to you.

### Accident Policy

Cheerleading is an exciting sport in which young people can become quite skilled, and enjoy themselves tremendously in the process. However, as in any other sport, there is always the possibility of injury, even serious injury. At our camps, we make every effort to advise and teach our cheerleaders of the many precautions that need to be taken, and of the various safety measures that should be employed as a part of their cheerleading. But in spite of all this, accidents do invariably occur. In case of accident, your own family insurance or your own resources will be responsible for payment of any expenses incurred.

**PLEASE TAKE NOTE OF THIS POLICY AND BE PREPARED TO COMPLY.**

### Emergency Medical Care

Emergency care will be provided if needed. We **MUST** have a **Participant Release & Waiver** form, signed by both the student and a parent or guardian, on file for each and every participant in the camp. Parents should complete all of the information requested on the form carefully.

The Southwest Camps office is happy to assist with any camp questions you may have. You may reach us toll free at 888-442-2514, Mon-Fri 8:00 am to 5:00 pm Central Time.

**NO PHOTOGRAPHER WILL BE AVAILABLE AT THE  
2010 GATEWAY NCA CHEER CAMP**

It is very important that you also read your **Important Camp Information Booklet**. It contains important information concerning final camp payments, rooming information, cancellations & refunds information and much, much more! **You must check our website for registration forms, camp rules and frequently asked questions.**  
[www.southwestemblem.com](http://www.southwestemblem.com)